

# MAITRI *Anaahita*

## Chaitra Navratri *Havan*

MaitriBodh Parivaar celebrated Chaitra Navratri at ShantiKshetra Premgiri Ashram with prayers to our Divine Mother Adishakti Mahakali Maa and by performing havans from 22nd March 2023 to 30th March 2023

**Food for the Soul**  
Hearth to Heart 05

**Health And Wellness**  
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# 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' we share with you an excerpt of Maitreya Dadashreeji's profound message from Mahashivrātri celebration at ShantiKshetra Premgiri Ashram on 18th February, 2023.*

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*

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.

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

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## PEARLS OF WISDOM

Someone asked me, "Dadashreeji, I do not believe that there is a God. Cosmic energy; yes. There is energy in the universe, but it is not God".

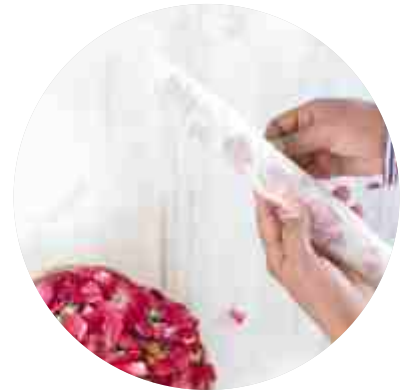
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## Tales of Transformation

I opened my eyes when Dadashreeji was entering the room, and I thought, "Oh! it cannot be this man," because He was so simple and so humble.

## Event Coverage

For the first time EVER, an exclusive opportunity beacons us, as Maitreya Dadashreeji graces us with His physical presence on the auspicious occasion of Buddha Purnima.



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**Friends,**

Time is changing. Time never stands still, it changes. But now is the time of the 'tornado of transformation' to take place. Everyone will have to change during this time. Time will get everything done whether you want it or not. It will happen automatically. And when this happens, then Lord Shiva's contribution comes in, in a big way. Do you know wherever there is an end, Shiv ji appears? Or when Shiv ji appears, the time of an end comes about? Lord Brahma gives birth. Whenever something new is created, Brahma ji comes. Lord Vishnu sustains. He keeps the Universe going.

So Shiv ji is the one who does the ending. What does He end? That where ignorance resides. Wherever there is ignorance, falsehood, then Shiv ji puts an end to it. So that is the time today. When you have come on this earth where you are sitting, you have come at this time, where ignorance is ending and true knowledge is being born. A new era is in the making. A new world is being created. This time always comes every 14,000 years. And this is bound to happen at this time. If you know that this is going to happen or you also get this feeling from within or through my words that yes, some big change is taking place, then you have to move forward with understanding, with wisdom and with righteousness(dharma). Shiv ji stands for righteousness.

**Who learns the lesson of righteousness which Shiv ji teaches?**

**You all.**

**And who follows it completely?**

**Lord Shri Ram.**

He follows that righteousness properly. That's why Lord Shri Ram and Shiv ji are related with each other. One teaches and the other spends His life accordingly.

Now who all are connected with Shiv ji? As regards righteousness (Dharma), Lord Yama, the god of death also teaches righteousness. The second is Saturn (Shani). Both teach the lesson of righteousness. And they learn this from Lord Shiv.

**It is time for transformation and how far will this transformation take you?**

**Towards the Truth.**

**What is the Truth?**

**That which will set you free from within.**

"Where is the Truth?" "What is the Truth?" Everyone closed their eyes and searched in a meditative state. What happens when you close your eyes? You disconnect from this creation and start seeing the Truth from within. What did the sages get by closing their eyes? They found that there is something in the centre, in the middle and everything revolves around it. This is what they saw everywhere. There is the Sun the planets and the stars in the universe. All are moving in the same pattern. The same is in an atom with the nucleus in the centre and electrons moving around it.

Only one common factor was seen everywhere; that the one in between was the nuclear energy and there was a charge moving around it. So a Shivering is a storehouse, a powerhouse, a



centre of energy. Energy continuously emanates from the Shiv ling. They saw this truth. The energy is so effective, so powerful. It has fire within, that's why a Shiva temple will always be located outside the village. Since It has immense power in It, It is placed under the ground level and you have to take two or three steps downwards in the temple of Lord Shiva. It is so hot that you have to continuously pour water on it. Now you understand the scripture behind this.

Someone asked me, "Dadashreeji, I do not believe that there is a God. Cosmic energy; yes. There is energy in the universe, but it is not God". I said "That is right. Science also says this. It is cosmic energy." So I asked the question, "does science teach you how to establish a relationship with the energy of that universe". Science doesn't have that answer. Only spirituality teaches you how to connect ourselves with that energy. How can you establish that relationship? That energy is visible to you in the formless form in the form of the Shivling. They got this truth and where is the truth? That Truth is within you. Proton, electron particles are definitely inside you as well. It is outside too. Now, how do we establish a relationship with what is inside and outside?

There is a very powerful mantra that connects directly with that energy and it is also a simple

one that everyone knows and follows. That one word is 'Aum'. You have to connect with that Aum to establish a connection with that energy. There are many different ways to chant Aum. As your spiritual state increases, your guru teaches you how you can chant it. Remember, while chanting, your spine should be straight. You can bow down in prayer, but when you chant mantras, recite mantras or meditate, always keep your back straight and look in front and always have something under your feet. Practice chanting Aum for 21 times every day. With this letter Aum, we try to establish a relationship with that Supreme Energy which is within you as well as outside. And through Aum you can establish a direct relationship with Him. This is the beginning.

***May you all move forward in your life, towards progress, towards truth and become free within.***

***Feel the love and spread the love to all.***

***We are watching. Go ahead worry-free.***

***I am with you.***

***Lots of love to all of you!!***

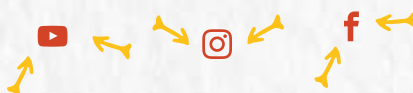
***Lots of blessings!!***



## Maitreya Dadashreeji

*(PS: This is an excerpt from Mahashivrātri celebration with Maitreya Dadashreeji at ShantiKshetra Premgiri Ashram on 18th February, 2023)*

**more about Dadashreeji,  
chlick here:**



# Our Unique Existence!



## Maitreyi Sulata

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.

♥ The Latin translation of 'Nemo' actually means 'no man'.

Sharing Life's little blessings  
with a drop of peace and lots of love!

*Dear Friends,*

*I warmly greet you in the love  
and light of the Divine.*

I am joyous to connect with our precious readers through our heart to heart sharing of life's little blessings. Sometimes we find ourselves in situations where we wonder, what am I doing in my life? Is this existence truly meaningful? Is this all to life? And this may come up from within at any point in time even with all the spiritual wisdom. Am I supposed to be doing something different hereon? What is that which will truly fulfill me and everyone around me?

The other day I was reading about this place in the Pacific Ocean called Point Nemo. Point Nemo is also referred to as the oceanic pole of inaccessibility. You can't actually see it. That's because 'Point' Nemo isn't actually a bit of land. It's an invisible spot in the vast Southern Ocean furthest from land, in any direction. It's so far from the land that the nearest humans are often astronauts. Latin translation of 'Nemo' actually means 'no man', a fitting name for a spot so lonely. When the boats passed Point Nemo they were closer to astronauts on the space station than to other

humans on Planet Earth. The ISS orbits the Earth at a maximum height of 258 miles (416km), meanwhile, the nearest inhabited landmass to Point Nemo is over 1,670 miles (2,700km) away. Point Nemo is not only the middle of nowhere, it is also a spacecraft graveyard: the place where NASA and other space agencies crash their de-orbited satellites, space stations, and other decommissioned spacecraft.

Point Nemo is a reminder that even in the vast and seemingly infinite universe, there is still a place that is the most remote and isolated, a place that is truly in the middle of nowhere with no habituation of any kind of species. But even in the midst of nowhere, this place serves its own unique purpose of being able to be the place for discarded rockets and satellites.

This place teaches us that we too have our own unique purpose on this planet, however unfavorable environment we may find ourselves at any given point in time. This place is also a reminder for us that each and every creation of the Divine is crafted with the most wonderful and unimaginable quality and purpose. As an example, cockroaches are insects that we all rather avoid having around. But cock-



## Heart-to-heart

roaches actually serve a very important function to clean up the decay. They help break down organic matter, and can help prevent disease outbreaks. Who among us would like to choose to serve humanity in this way? Ants teach us unity, strength and perseverance.

So there can never be anyone or any time not blessed with the unique divine quality and the expression of it that serves the purpose of our existence.

As Maitreya Dadashreeji says, "When it comes to the specific purpose of life for an individual – each seems to be different. For some it may be to meet financial requirements, for some finding healthy relationships, to attain recognition, to serve people, for others to contribute through dissemination of knowledge and so on. So let us take a moment to reflect on and remember, even in the midst of nowhere, we can find purpose and expression of our own unique divine quality. You must all be made aware, that your birth on this planet itself was caused by 'Divine Will' – empowering you to attain the 'Highest'; in this very lifetime. You would be provided with the requisite guidance and support to reach 'there'. It is up to you to either accept or reject the guidance offered. Each person on this planet is making their own way – to reach the 'Highest' and thus attain the basic and ultimate purpose of human life that is to unite with the highest 'Divine' i.e. the 'Source'."





# Grow by Asking



## Mitra Sut

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.

**Q- In current times ordering-in restaurant food has become common and frequent. How do we keep a check on this habit for sound health? What would be a good healthy diet to help one grow spiritually, as well?**

**D**ear friend, this is a relevant and interesting question which will help many people striving for overall health.

You would know of the saying, "We are what we eat!", which has relevance at multiple levels as we shall find out now.

The food we consume is absorbed and becomes a part of our entire being. This impacts not just the body, but

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

equally the mind and one's moods.

### Scientific facts

A growing body of evidence points toward the bidirectional gut microbiota-brain axis playing a role in mental health (Ref: Current Opinion in Neurobiology, June 2020;62:102-114). Our gut is home to billions of bacteria. The food we eat affects the health of bacteria in the gut and influences the production of neurotransmitters, that affect the brain. Gut microbiome diversity has been strongly associated with mood-related behaviours, including depressive disorder (Ref: Neuroscience journal. August 2018 28;29(6):629-643).

### Spiritual understanding

In the Bhagwat Gita, Lord Krishna provides a detailed understanding of the three types of food (sattvic, rajasic, and tamasic food) and how these are connected to one's internal state and faith, in Chapter 17.

आयुःसत्त्वबलारोग्य

सुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा

हृद्या आहाराः सात्त्विकप्रियाः ॥१७- ८ ॥

Meaning: The foods which increase life, energy, strength,

♥ We are what we eat

health, joy and cheerfulness, which are savoury and oleaginous, substantial and agreeable, are dear to the Sattvic - (Gita Chapter 17-8)

कट्वम्ललवणात्युष्ण-

तीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा- दुःखशोकामयप्रदाः

॥१७- ९ ॥

Meaning: The foods that are bitter, sour, saline, excessively hot, pungent, dry, and burning, are liked by the Rajasic, causing pain, grief and disease - (Gita Chapter 17-9)

यातयामं गतरसं पूति

पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं

भोजनं तामसप्रियम् ॥१७- १० ॥

Meaning: The food which is stale, tasteless, putrid and rotten, refuse and impure, is dear to the Tamasic - (Gita Chapter 17-10)

The above three-fold division of food is based on one's faith and is self-explanatory. In short to understand the three qualities or gunas of a person, the clue lies in the type of food the person is naturally attracted to and relishes, viz.

## Stories & Sagas: Vedic stories

Saatvic (which represents purity/ goodness/ divine), Rajas (which represents passionate, indulgent activity) and Tamas (when one is immersed in darkness/ evil, negativity). It can therefore be understood that to grow spiritually, one needs to enhance once Sattvic quality and therefore eating sattvic food is the way to go!

Needless to say most of us tend to enjoy rajasic and tamasik food and these have come to define our diet which needs an immediate correction. Additionally, all non-vegetarian food has negative energy associated with the killing of a higher life and its consumption is detrimental for one's spiritual growth.

The Gunas reflect your internal state and a person with predominant Satva will tend to like sattvic food, however it does not mean that another person who consumes rajasic and tamasik food does not have Satva in him/ her. Every seeker must understand that while making all efforts to grow spiritually, consuming sattvic food will also help enhance one's growth in this journey.

It is not so much the ordering food from outside but its quality and method of cooking that matters.

Homemade food is superior in every way and when offered first to the Divine with prayers, will have positive energy and will help one to heal and grow spiritually. Sattvik food as above, which is pure vegetarian food is ideally made fresh and consumed soon after cooking. Maitreya Dadashreeji has stressed on one's physical health and right routine. He explains that, "the right routine includes your diet, quality of sleep, regular exercise; all very basic things, which lay a foundation for your spiritual growth, for your spiritual fitness. Those thoughts that exist within you which are very influential, positive thoughts, will all come out if you follow a Right Routine".

Inculcating the right food habits and daily right routine is explained in the MaitriBodh Parivaar's spiritual course, Bodh IV (one can look for the same on the website ([www.maitribodh.org](http://www.maitribodh.org)). So, before we mindlessly order or consume any food, think of the repercussions and connect

to your heart. Let's start our Right Routine with Sattvik, healthy, and heartfelt food habits.

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.



# Urinary Tract Infections

Dr. Sreelatha Shetty shares home remedies and do's and don't's to treat UTIs



## Dr. Sreelatha Shetty

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

**U**rinary tract infections (UTIs) are one of the many health issues that affect millions of people each year. UTI is characterized by infection in the kidneys, ureters, bladder, or urethra. Most infections involve the lower urinary tract, i.e. the bladder and the urethra. In some cases, the infection can spread above the ureter to the kidney, resulting in serious complications.

Women are especially prone to UTIs because the length of their urethra is shorter than men's, and therefore bacteria can travel the short distance from the external part of the body into the areas where they can multiply and cause infection. The main causative agent is E. coli, which lives in the bowel (colon) and around the anus.

### Causes of UTI

Diabetes, an enlarged prostate, kidney stones, and sexually active people are all risk factors, i.e., have high chances



of getting UTI. According to Ayurveda, UTIs are mainly due to an imbalance of pitta dosha (the dosha responsible for regulating body temperature and metabolic activities) due to causative factors like drinking less water, excessive intake of hot, sour, spicy foods, excess caffeine, carbonated beverages, coffee, overexposure to heat, withholding the urge to urinate, being sexually active, being unhygienic, etc.

### Symptoms

Clinical features of an UTI are painful urination, burning urination, fever, foul-smelling or stronger-smelling urine, increased frequency or urgency to urinate, loss of bladder control, etc.

Although antibiotics are evident in major infections, when the infection is mild or in its early stages, ayurvedic home remedies have a significant advantage. Also, Ayurvedic remedies are helpful to those who suffer from UTI frequently and are resistant to antibiotics.

### Preventive Measures

- Reduce hot spices; reduce exposure to extreme heat and sun. Avoid smoking, alcohol, caffeine and carbonated beverages.
- Daily intake of 1 tsp of organic or home-made gulkand helps to combat UTI.



## Traditional Remedies & Integrated Medicine

- Drinking plenty of fluids helps flush out the bacteria.
- Urinate at bedtime.
- Urinate after sexual intercourse.
- Do not hold the urge to urinate for an excessive amount of time.
- Maintain good hygiene.
- Women should keep their genital area clean and dry,

change tampons and sanitary napkins frequently; and avoid using irritating soaps, vaginal sprays, and douches.

- Regular intake of Barley water, Jaggery water, Tender coconut helps to cleanse urinary tract.
- Increase your intake of lemon juice, orange juice,

sugarcane juice, and other acidifying juices, which help to inhibit the growth of bacteria associated with UTI.

- Cook food with cinnamon and cardamom as healing spices that act as diuretics (increased urine production).

### Home Remedies

#### Tandulodaka (rice water)

1. Take 10 grams of rice and wash them once.
2. Add 60–80 ml of water to it and keep it for 2–6 hours
3. Then macerate, strain and consume it.

The strained water acts as a cleanser.

#### Dhanyaka Hima (coriander cold infusion)

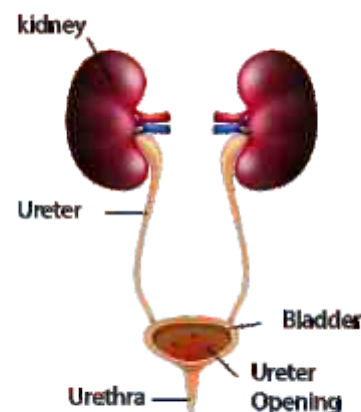
1. Add 1 tsp of coriander seeds to 6 parts of water

2. Keep overnight or for 8 hours
3. Strain it and mix with a little quantity of sugar candy as per taste

This coriander drink will nourish and cool the urinary tract.

#### Ash gourd juice

1. Peel the skin and remove the seeds
2. Make a juice using the pulp.



Consuming this juice early morning on an empty stomach acts as a cleanser, throwing toxins out of the body and helps in increasing immunity.

*Keep yourself hydrated and take care!*



# Healthy Coolers

## Coconut Buttermilk

### Ingredients (Serves 2, Makes 750 ml)

- > 2 cups coconut milk
- > 1 cup water
- > ¼ cup mint leaves
- > 2 ½ tablespoon lemon juice
- > 1 teaspoon rock salt
- > 1 teaspoon roasted cumin powder

### Method

1. Blend the above ingredients except cumin powder until smooth.
2. Now add the roasted cumin powder and stir well.
3. Let it cool in the refrigerator for a while and serve.

♥ Summer Coolers to beat the heat

## Coconut Thandai

### Ingredients (Serves 3, Makes 600 ml)

- > 8 almonds, soaked in water & drained
- > 1 tablespoon fennel, soaked in water for 1 hour & drained
- > 1 tablespoon poppy seeds, soaked in water for 1 hour & drained
- > 1½ cups coconut milk
- > ½ cup water
- > 4 dates, seedless
- > 1 teaspoon powdered jaggery
- > ⅛ teaspoon rock salt
- > ⅛ teaspoon black pepper

### Garnishing

Chopped pistachio, saffron & dried rose petals

### Method

1. Blend the above ingredients except the coconut milk until smooth.
2. Add coconut milk and blend again.
3. Let the drink cool in the refrigerator for a while. Garnish & serve.



# Re-purposing Plants

The need for sustainable and balanced living is the need of the hour. **Maitreyi Suman** shares with us a sustainable printing technique that just goes to show us the benefits of working with nature instead of against it



Maitreyi Suman

**P**lants, the vast kingdom of multi-hued, multi-millions of varied kinds, heights, shapes and sizes is nature's work of art, a ballad of inspiration, motivation and a real-life example of sustainability. This huge kingdom is the most humble ruler, sustaining us and other life forms in every possible manner. Nurturing us with all that is needed, this beautiful and magnanimous kingdom is a science that is not yet fully discovered and explored.

## Natural Dyes

Dyes made from plants have been in existence for time immemorial. We have used them to color food, fabric, hair and much more. The earliest record of using vegetable dye dates to 5000 years ago in China. Flowers, leaves, tree barks, seeds, fruits, peels, all are known to have been used in making natural dye. Generally, the ingredient is soaked in water and kept in the sun or boiled in water for the desired color. A fixative like

salt or vinegar is added and is applied to the starch free fabric.

## Re-purposing Waste by Eco-Printing

Any famous temple in India generates around 100 – 200 kg of flower waste a day. 100 kgs on normal days and higher on special occasions. The floral décor in most of the weddings too generates around 100 kgs of flower waste. These flowers generally end up in composting bins, landfills or in water bodies. Here, Eco-printing comes to the rescue thereby reducing this volume going into soil. Eco printing, uses flowers and leaves as a whole or in parts directly on the fabric to create patterns and is a relatively new technique, just a few years old.

## The Process

Marigolds, roses, violets or any bright color flower and leaves give an interesting hue and pattern to the fabric in the

process. The flower color being natural only adheres to natural fibres making it an ideal combination. The flowers and leaves are directly placed on the wet, scoured and mordanted (treatment to help dye fix to the fabric) fabric in a desired pattern. The fabric is then layered with a parchment paper or a thick cloth, rolled and tied with cotton thread. This rolled bundle is then steamed to help transfer flower color onto the fabric. The flowers and leaves thus used leave much lesser volume for composting. Eco printing is also a great way of giving used garments a fresh look and a safe and interesting activity for children. The process does not involve the use of chemicals to fix colors and hence is safe not only for the workers, but also for Mother Earth as it promotes eco-friendly and sustainable ways of printing. All in all, a win-win for Mother Nature and mankind.





## Maitreyi Simona

This month Maitreyi Jagruti shares with us the Metamorphosis of Maitreyi Simona.

**M**aitreyi Simona is from Italy and is a yoga teacher by profession. She found her purpose and true direction after meeting Dadashreeji in 2014. She was a follower of Eckhart Tolle for nearly 15 years, before she met Dadashreeji and the subsequent experience of truth and love has transformed her life.

### How was it to meet Dadashreeji the first time?

It was astonishing, I remember very well, because my English was not very good at that time when a group of us were to meet Dadashreeji in Milan; we were told to close our eyes just before He was to enter the room where we were seated. Since I didn't understand the instruction I opened my eyes when Dadashreeji was entering the room, and I thought, "Oh! it cannot be this man," because He was so simple and so humble. Perhaps my mind was expecting a different persona

## Anecdotes of 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.

but there was only simplicity, love and humility in Him. I was touched to my core.

### I can see the beauty of that experience reflected on your face right now. As you started flowing with Dada how was it for you around your other teacher, Eckhart Tolle?

In the beginning it was disturbing. At the time of Bodh I we were asked to connect with one's form of Divine and I thought I don't have any form of Divine, I have Eckhart Tolle who is my guide. I was in

conflict, and it was challenging for me because I didn't know what to do. Then I decided to listen to my heart and stop my mind from leading me so that the answer would come. At that moment, I envisioned the direction I needed to take. I spoke to my beloved meditation teacher, Marina, the lady who brought me to Eckhart that I had to do what was best for me and that lay in being with Dada, He was my path. It was difficult for me, I had to work very hard on myself to choose what was best for me.

### What pulled you to Him?

I remember that the first time I

## Tales of Transformation

chanted Dadashreeji Mantra 108 times, I cried so much that I knew there was something unique. I really didn't know what this was, but I had faith and I followed my heart. My life was not so easy and there was suffering and pain. At the end of the darshan of Dadashreeji in Milan, when I was packing everything to go to the next darshan in Rome, I suddenly experienced a waterfall of love, as if I was drenched in His love. It was so surprising and, I started crying and I just couldn't stop crying. I realized that all through life I thought that nobody loved me, and I suddenly saw that love was always there, in my heart. I never felt alone subsequently. I remember once I was at the ashram in Karjat, it was Navratri and a few of us were with Dadashreeji. I told Dada, "Since meeting you, I never feel alone anymore". He smiled and said, "yes".

### **Not feeling alone anymore" - what changes has that realisation brought in your day-to-day life?**

A lot of things have changed. I am not lonely, and I am not looking for something to complete me or fill me.

My life changed completely with Dada's Grace.,In 2015 I was working with a bank and got an intuition that I will stop working in the bank before the end of the year. As it happened, by the end of 2015, before Christmas, I was looking for a yoga school and I found one such school in the Netherlands. I checked the website and found that I could stay there for 10 months. I decided to quit my job at the bank and in 15 days I was in the Netherlands, and I had the chance to learn yoga and as I mentioned my English was not good while at this school I had

to translate a lot of articles from English to Italian; so, this was a preparation, my English started to improve, I learnt a lot of things about Yoga, and I could come back and become a Yoga teacher.

### **What teachings of Maitreya Dadashreeji help you stay connected with yourself and be constantly flowing?**

It is difficult to say, because all the teachings are so powerful. We should read His teachings repeatedly as there is so much to learn. I listen to Dada's interviews over and over again. Every time I find something new. Dada, and His teachings are simple yet transformative as you delve deeper in your understanding.

♥ I told Dada, "Since meeting you, I never feel alone anymore."



*My life changing experience:*  
*Gift of a second life from*  
*Maitreya Dadashreeji*

Maitreyi Aarti



I had the privilege of meeting Maitreya Dadashreeji in the year 2013. I was absolutely ecstatic that I had finally met my Guru!

Since then, my devotion and love for him has only become stronger. All these years, I didn't give much thought to who He really is; I was too busy enjoying His loving presence in my life. But in this life-altering incident that I'm sharing, I have finally and truly experienced who he really is! I have realized His glory, His full form! I moved from a state of 'intellectually understanding' to a state of 'experiencing' Divinity. And then to a state where one goes back to feeling that one doesn't even know who He is – his vastness is beyond my limited comprehension!

**Here's my story...**

My friends and I were out for a weekend trip and were driving from Mumbai to our farm in Gujarat. My friend, a novice at highway driving, was at the wheel on the Mumbai-Delhi national highway. It was evening time, with fading light and heavy traffic on each side added to the challenge as we neared our destination.

Suddenly I heard her scream, followed by a massive impact - the car had rammed into the road divider! It was an absolutely surreal experience for me. I was sitting in the back, with my two friends in the front and we were in an accident on the highway (one of my worst fears) and everything was playing out in slow motion. I clearly remember not feeling any pain at that point and in fact, having random thoughts going through my mind - how could we be in the middle of a crash? Was the prediction of 20 years ago coming true that I would be in a fatal accident and I would survive only if some force intervened? But the prediction was for when I turned 65 and I felt I was going through it prematurely and my thought was "Oh God, how can I be experiencing it so early, it's supposed to happen much later and not now!"

With those thoughts, I felt nothing and experienced total darkness - I was in a state of limbo. I knew I had reached another realm for a brief period, of which I have no memory, other than just a

feeling of having gone somewhere and of coming back. The next memory that I have, was of a feeling that I had to reach out to Dadashreeji! I started screaming out on top of my lungs and calling out to Maitreya Dadashreeji. My whole being was centered on seeking His help and the overwhelming feeling was that only He could help me and I needed Him right then!

As soon as I cried out for help to Dadashreeji, the pain started. There was excruciating pain first on my forehead and nose - I must have hit my head on the front seat. I felt I was falling back and I reached

♥ Was the prediction of 20 years ago coming true that I would be in a fatal accident and I would survive only if some force intervened?



## Devotees' Experiences

out to hold onto something on my right side. But my right hand refused to function! I turned to look at it and that's when I realized that the fingers on that hand had become a mangled mess. I continued falling to the back, flailing around to hold on to something. I was crying out through the excruciating pain - I wanted someone to hold me because I realized my left leg was stuck and I couldn't move it. I was falling backwards with nothing to hold onto and my leg was immobile - I was helpless and in unimaginable pain.

Suddenly, I felt a hand supporting me from the back. There was a lady there and I heard her ask me where my wallet and mobile phone was. For a moment, in all the pain, I wondered why, in this situation, someone was asking me for money. But then I told her that it was on the car seat somewhere - she found it and she told me that she was putting it inside my purse. She asked one of my friends to call my number and once she had located my phone, she picked it up and kept it inside my purse and handed that to one of my friends. Then, she told my friends that an ambulance was on its way and that it would be there in the next five minutes. She advised them to pick up everything important from the car including the luggage from the boot. She sounded efficient and in control. By that time, I realised that there were around 5-6 people who had gathered around the car. The ambulance arrived shortly, and I was



## Devotees' Experiences

surprised to see that it was very well-equipped with a lady attendant in a white overcoat.

I was wedged in the mangled mess of the car and there was no way to extricate me. I requested someone to push me from the back. Through the haze of pain, I felt a push and somehow managed to tumble onto the stretcher with a fractured hand, nose, and femur, which was broken into multiple pieces at two places! I don't know how and from where I got the energy and the strength in this painful condition, to jump onto the stretcher. This was practically/medically impossible looking at my condition. I have no recollection of how I was straightened out and strapped to the stretcher but the next thing I knew, I was in the ambulance being taken to the hospital in a perfect position and with no additional injuries.

My friend has no recollection as to how and what happened when she drove into the divider. On impact, the airbags opened for both the people in the front and they suffered no major injuries. With Divine Grace they were saved. My friend behind the wheel was in a state of shock. However, she recollects seeing a lady appear out of nowhere, wearing a shiny saree and a prominent nose ring. That lady pulled her out from behind the wheel and gave my friend a tight hug after which her shaking stopped. The lady then instructed a young lad, who was with her, to look after my friend. There was another man in a white shirt with the lady and he too gave a tight hug to my friend who was deeply distressed as she was looking at my blood-stained face. The man told her not to worry as "these are only fractures" that I had sustained.

So many miracles and unanswered questions at this stage ...

We were surrounded by fields on all sides with no houses in sight. Who was the lady and how and where did she come from in the middle of the highway?

Why was the young boy there? Would a mother walk across a busy five-lane highway to a crash site with her young son in tow?

How did the lady know that my wallet and mobile were not inside my purse?





## Devotees' Experiences

How did the people come and where did they come from? No vehicle had stopped to help us! Who would think of giving hugs to accident victims at a crash site?

Who called for the ambulance? How did an advanced care, fully equipped ambulance arrive within minutes near a small village township? How could a lean lady hold me and easily push my heavy weight forward when I was stuck in the car?

How did I reach the stretcher and find myself placed in perfect condition and position on it?

Most importantly, how did the man in white know with certainty that I had sustained "only fractures"?

The next phase of the story continues to be amazing. The local hospital where we were taken to was completely equipped for every kind of emergency. My earliest memory in the hospital was somebody giving me a pain-killer and at that moment I saw that a man in hospital uniform was standing to my right. He took me to the x-ray department for an x-ray of my leg and he helped me move my leg through the various positions which are required. He then moved me to the CT machine and again took care of the position of my entire leg at every moment and then he finally got me back to emergency. Once the reports were sent to my husband it was decided that I would need to come back to Mumbai to

Hinduja Hospital for further investigations and surgery. We set out at around 9 pm for Mumbai and guess what? - this man continued to be by my side through the entire five-hour journey to Mumbai and accompanied me up to the Emergency of Hinduja hospital where my husband was waiting with the staff. He helped navigate me into the emergency room, then up to the 15th floor of the hospital and then set out for a five-hour return journey at five in the morning! Who would do that? Even medical staff would not go out of the way and move from one city to the other to be with a patient? After all, who was this man willing to extend every possible support to me?

The day of my reaching Mumbai and being admitted was in the wee hours of Sunday morning. My surgery was scheduled for the next day on Monday. However, within a couple of hours I was told that the three surgeons, super specialists in their respective fields of leg, hand and nose with waitlist of months made themselves available for immediate parallel surgeries the very same day! One of them is a devotee of Dadashreeji and he took the lead in getting all together on a Sunday! My surgeries were completed successfully. I'm truly grateful and indebted to the three angels. Yet another miracle?

The day after the surgery one of the senior Mitras kindly came to pay a visit at the hospital with a message from Maitreya Dadashreeji that,

♥ "Tell her not to worry, she will be fine – its only fractures!"

"Tell her not to worry, she will be fine – its only fractures!" The very same words that were said to my friend on the site of the accident by the gentleman in white!

Two weeks later, my husband and daughter went to the ashram for a programme. As they paid their respects to Maitreya Dadashreeji, He told them "Tell Aartiji, second life!" So, I was right in feeling HIS, Maa's and Babaji's presence at the time of the accident, they were there all the time by our side, helping us! They responded to my call and gave me a second life!

The only one who can answer these questions is Dadashreeji! I know it was Him all the way! Dadashreeji was with us all the time, in that moment saving us, helping us and giving me a second lease of life! My heart is filled with eternal gratitude for that moment when I had actually experienced the vastness - Dadashreeji is without boundaries, He is limitless, He is Divine and what's more, He's always there for us all the time! My realisation in this entire experience has been that Maitreya Dadashreeji is always there for you 24 x 7 and that the strength of experience of the Divine revolves around one's faith - the more you demonstrate love the more you experience. It's a beautiful combination of faith and experience and I can only thank Him for this special gift to me of a second life!





# Spiritual Week (Bodh I, II, III)

“ I have been associated with the MaitriBodh Parivaar for a few months now. After participating in Bodh (I, II, III) I have experienced the unwavering love, guidance, and enlightenment I received from **Maitreya Dadashreeji**. My heart is filled with unexplainable gratitude to Him as I see that my life's path is illuminated by wisdom, understanding, and a greater sense of purpose. It has inspired me to be a better person and continue on my own journey of growth and discovery. While I am eternally thankful for the gift of their (MaitriBodh Parivaar's) presence in my life, I shall carry Dadashreeji's teachings with me, spread the word, as a source of strength and inspiration to all who are seeking peace and happiness. Awareness, inner peace, and spiritual growth is the gift I have received. I am now better at understanding the events that happen around me and accept things without judgment. ”



Archita Surti



Harsh Pandey

“ I had three reasons for attending the Spiritual Week at ShantiKshetra Premgiri Ashram which are as follows:

1. My search for a living Guru on the physical plane
2. My stalled spiritual growth despite doing Babaji's Kriya Yog for many years
3. My inability to purify/transform myself

After attending the five days program (Spiritual Week), I can feel the purification happening within me and I am at an altogether different level spiritually. I have found my Guru in the form of a 'Divine Friend'! My prostrations to MY Dada. ”



Raghav Datta

“While the usual roller coaster ride of life went on, I was searching for the truth. As time passed, I understood spirituality but I did not actually experience anything until I met Dadashreeji. The ‘Divine Love’ that I experienced at ShantiKshetra Premgiri Ashram from the conductors, sevaks, staff and the place in itself was phenomenal. It seemed like everyone had only and only ‘Love’ to give. I wholeheartedly welcome my new beginnings with my association with the MaitriBodh Parivaar. Namaste and lots of love to all!”

Heena Akolkar

“ShantiKshetra Premigiri Ashram is peaceful, in the lap of nature; away from the modern fast life. Being there makes it simple and easy to connect to the inner truth, the source of true happiness. The ashram has a profound effect on all. ‘One World, One Family, One Truth’ is Maitreya Dadashreeji’s vision, we all are one, let’s learn to forgive each other!”





# *Seek, and you shall be guided!*

Shankarnarayan



Shankarnarayan ji shares an incident highlighting the power of connection with the Divine and criticality of the guidance that flows therein in resolving practical situations of day-to-day life

I would like to share an incident that happened recently where Dada helped break my ego.

One of the members of our housing society was also a local cable operator. He had a thriving business providing internet connections with most members using his service. However, all that changed when Reliance Jio came into the picture. As Chairman of our society, we gave permission to Jio to operate in the community; consequently, our cable operator lost a considerable chunk of business.

From then on, he started indulging in disruptive activities and we faced lot of issues in getting regular internet. Things came to head, when he started interfering in the attempts of Jio service team in restoring services.

I was out of station. When I returned, I found that the internet services had been disrupted again and the society was without internet access for a week. In my journey with the Maitreya I had come to under-

stand that one must uphold righteousness and stand up to injustice.

I checked with Jio on why the internet services had not been restored and they mentioned that the cable operator was not allowing them to carry out the restoration work. I decided to confront the operator directly showing him proof that the society had approved Jio to install their network. In the process, the argument grew heated and he called his accomplices to the scene. An altercation ensued where there was a physical scuffle. Thus, the situation got bitter and there was no way to sort out the issue that was affecting all of us. I decided to put the matter to my Divine Light at our house and spoke my heart out. He listened to me silently and then I got clear guidance within that I was to apologize to the cable operator. I was shocked out of my wits. The internal guidance was clear-cut that I must apologize for my actions during the interaction with the cable operator. I recollected that I had approached him with precon-

ceived notions and had spoken to him rudely. I immediately realized my mistake. But, the hardest part was to call him and ask for forgiveness. A thousand thoughts flowed through my mind. The ego was not about to give up easily. My hands were shaking but I still had to call him. I looked into Dada's eyes and made that call. The first words that came out were, "Dada, I am sorry for my actions, please forgive me. I should not have been rude". He broke down and asked to come down and we fell at each other's feet and apologized. I was amazed at how things got sorted, miraculously. Immediately thereafter the internet connection was restored and we have never faced similar issues again.

I don't know what would have happened had I not sought the guidance I received from Him. For me, the learning was that love and forgiveness is far greater than the ego. If you allow Dada, he will break your ego in the most unthinkable ways possible. Always grateful and at lotus feet of the Divine.





Charul Jaitly

*For My Maitreya*





POEM

*God they say, is to be found  
Little do they know, He is always around*

*They say He is in a picture, an idol or in a holy place  
How could He be elsewhere,  
when we all are a part of His Grace*

*My journey was like someone losing it all in a trade  
Till I discovered the true path for my soul's upgrade*

*I often run out of words,  
and am overflowing with emotions  
However, this is a true narration  
of my inner commotion*

*I knew I had to be ready, and for that I was willing  
to pay any price  
I went under the knife several times, survived the  
pain and suffering, to be awarded this prize*

*But now the memory of the pain is sweet,  
as it paved my way to You  
And if this is what it takes, I will do it again,  
because I want it all - to just lead me to  
YOU*

*These lines mean more than just the words  
The emotions are so deep that it often hurts  
You came into my life Dadashreeji  
when I was in despair  
My life was broken into pieces,  
and You were there to repair*

*Joining MBP, I felt like You had just arrived  
Now when I look back, You were always around,  
and I was never deprived*

*I surrender my being at Your lotus feet  
Where the soul dances at the divine beat*

*You know me better than I do myself,  
my Divine Friend  
What took You so long to make this acquaintance?*

*My connection with You is not from this generation  
You are the artist behind my soul's creation*

*I am Your child and will pass every test  
You know I will never give up,  
and always aim for the best*

*My soul understood,  
I had to be ready for this surprise  
And for that, I was willing to pay any price*

*You crowned me the beauty queen  
You put me in the newspapers and magazines*

*You won me different awards,  
You got me fame and glory  
You gifted me with laurels,  
and turned a page in my life's story!*

*The veil has now been lifted,  
my sight has been shifted  
My life has been twisted,  
and my fate is now gifted*

*I bestow it all at Your Divine lotus feet  
And will be in deepest gratitude,  
till my last heartbeat*

*I know You have cried, everytime I suffered  
You read my thoughts,  
even before a word was uttered*

*You have held me in your arms,  
in my weak moments  
And you took away my pain,  
whenever there was torment*

*But, did You feel my immense joy,  
when I found You Did You experience the piercing  
pain as I did, when I needed to talk to You  
Did you lament the separation every time*

*From my heart to Yours Dada*

*My soul knows how much I have waited to unite with You, my Dada*

*My being is incomplete without You, my Dada*

*I fully and completely surrender at Your Divine lotus feet, my Maitreya, my Dada!*





ॐ  
महा  
शिवरात्रि  
2023





# MahaShivratri 2023

*A nightlong festival that was celebrated in its true essence!*



**A**t our home, ShantiKshetra Premgiri Ashram, over a thousand devotees gathered to immerse themselves in devotion to Lord Shiva in the form of Lord Mahakaleshwar throughout the night by participating in authentic Vedic rituals like Ling Abhishekam, chanting, bhajans, ragas, and for the first time ever – a never before experienced, meditation with Maitreya Dadashreeji during the most auspicious time of the night – ‘Nishit Kaal’.

Seekers present described the meditative process as something they never experi-

enced before. They expressed their gratitude for the opportunity to experience and learn the true meaning of worship and manas puja.

*Actor Kajal Aggarwal shared, “I have never attended a Mahashivratri like this ever before. I am walking away with the experience of a lifetime!”*

The nightlong celebration saw musical performances of Raag Darbari by Abhijit Pohankar and team followed by soulful bhajans by Team Maitri Aradhana which had everyone entranced, immersed and flowing in exquisite Divine Love. Maitreya Dadashreeji

shared the true essence of celebrating Mahashivratri and the benefit of performing various sadhanas during the ‘Nishit Kaal’ along with a profound message for all.

Seekers had the opportunity to make an offering to the Shiva Ling and experience the profound energy in the Shaktipeetham (sanctum sanctorum).

While most of the population of the world was in deep slumber the inner world of a lucky few was completely awakened!



## Upcoming Events

Event	Date	Venue
<b>Maitri Geeta</b>	2nd April 2023	Delhi
	29th-April 2023	Ludhiana
	30th-April 2023	Amritsar
<b>Purification - Bodh II</b>	15th-16th April 2023	Delhi
	15th-16th April 2023	Ludhiana
	15th-16th April 2023	Mumbai
	29th-30th April 2023	Vadodara, Gujarat
	13th-14th May 2023	Maharashtra
	13th-14th May 2023	Delhi
	03rd-04th June 2023	Amritsar
	10th-11th June 2023	ShantiKshetra Premgiri Ashram, Karjat
	10th-11th June 2023	Delhi NCR
	24th-25th June 2023	Delhi NCR
24th-25th June 2023	Satara	
24th-25th June 2023	Mumbai	
<b>Path Divine - Bodh III</b>	29th-30th April 2023	Delhi NCR
	29th-30th April 2023	ShantiKshetra Premgiri Ashram, Karjat
	24th-25th June 2023	ShantiKshetra Premgiri Ashram, Karjat
<b>Maitri Chitta Shuddhi Kriya</b>	12th-13th May 2023	Amritsar
<b>Heal the Soul - Bodh IV</b>	17th-21st May 2023	ShantiKshetra Premgiri Ashram, Karjat
<b>Maitri Aradhana</b>	08th-April 2023	Ludhiana
	09th-April 2023	Amritsar

To know more about the events reach out at: [info@maitribodh.org](mailto:info@maitribodh.org) or call on 8929707222

## 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)**

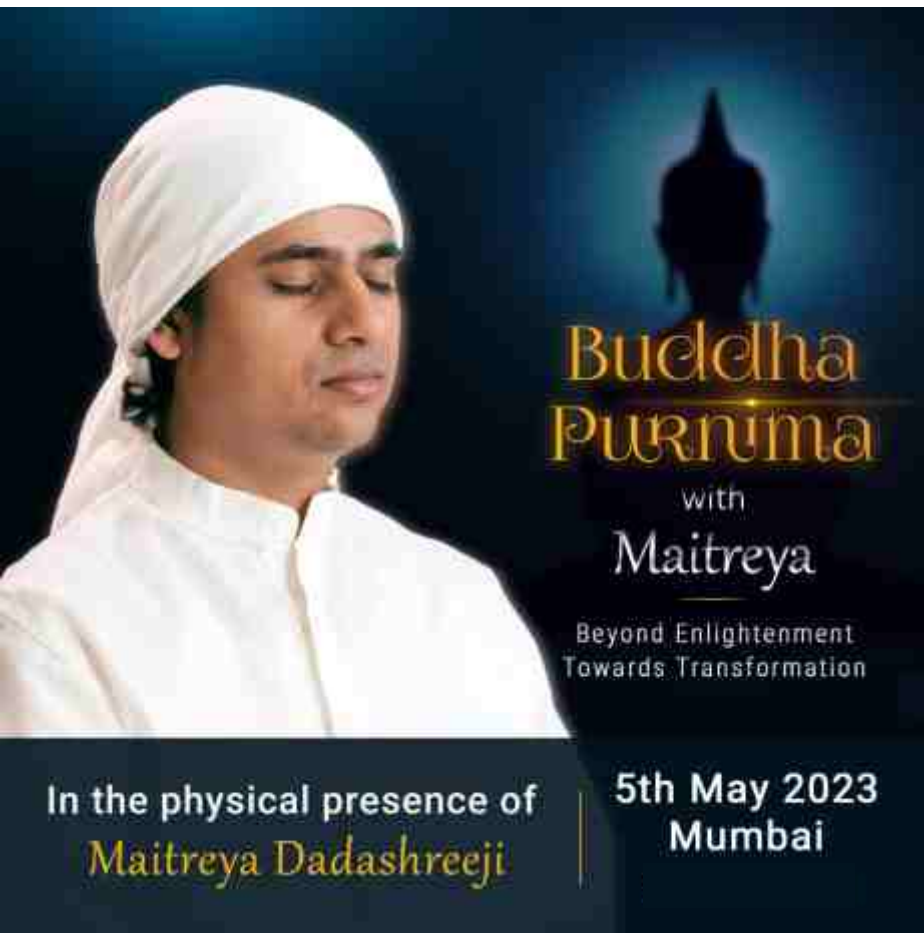
*The team will coordinate via email the suitable day, date and time for the same.*

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.



# *Buddha Purnima* *with Maitreya*

*Beyond Enlightenment,  
Towards Transformation*



The world might talk about Lord Buddha's enlightened state, but Maitreya Dadashreeji has been shedding light on his state beyond enlightenment, the state of Transformation. Through the last few years, Dadashreeji has been expounding on unheard experiences from Lord Buddha's life, his actual state of Transformation, his message – applicable for the current time, and much more through the social media platforms.

For the first time EVER, an exclusive opportunity beacons us, as Maitreya Dadashreeji graces us with His physical presence on the auspicious occasion of Buddha Purnima. Let us learn and experience the transformed state of Lord Buddha directly from Maitreya Dadashreeji and take a step closer to the supreme truth with wisdom and deep mediative process.

Open your mind, open your heart and invite the opportunity to experience Divinity.

This Buddha Purnima, let's take a leap on the journey within!

**5th May 2023 | Mumbai**  
**10:00 AM – 7:00 PM**

*For more information or to register,  
email us at [info@maitribodh.org](mailto:info@maitribodh.org)  
(Limited Seats)*

*You can start your  
journey by sharing the  
best of what you have  
with others. Give time to  
yourself, listen to your  
heart, enjoy life the way  
you always wanted to.  
Stop worrying about  
things and start  
attracting happiness  
in life!*

*Maitreya Dadashreeji*

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