

MAITRI

# Anukhita



## Gratitude *Day*

The MaitriBodh Parivaar celebrates 'Guru Purnimā' on 3rd July 2023, as 'Gratitude Day' to offer our heartfelt gratitude and obeisance to our Divine.

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# dear Loved Ones,

Welcome to the July 2023 issue of Maitri Anahita! As we are half way through the year, we take this opportunity to thank the precious Mitras, Maitreyis and sevaks of MaitriBodh Parivaar who have been tirelessly and relentlessly working to establish love and peace in every heart and home across the world.

This month also brings along the beautiful day of Guru Purnima, celebrated as the Gratitude Day, a day to offer our immense love and gratitude to the Divine as our Supreme Master and our Maitreya. In this edition, we bring you interesting articles wherein our writers express and acknowledge the many Divine blessings in various facets of life.

*In this edition, under 'Pearls of Wisdom', Maitreya Dadashreeji shares the qualities required by MaitriDoots to fulfill their responsibilities.*

Let's embrace the infinite flow of Divine Love, Grace and Guidance in our lives!

Embrace  
Transformation,  
stay safe and  
spread Love!



*With Love & Light,  
Team Maitri Anahita*

Heartfelt gratitude to  
Mohan Kant, Bikram Singh Boparai, Maitreyi Stephanie, Mitra Vatsal, Mitra Samyak, Maitreyi Shalaka.

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

The first and foremost duty of a MaitriDoot is to bring others closer to the Divine Truth. Truth, Righteousness and Justice stand firmly in the Maitri Mission.

## SUSTAINABLE LIVING

Going back to how things were done is not necessarily an act of regression; handmade is a way of life and an act of love.



## TALES OF TRANSFORMATION

Divine is literally everything for me. My faith, my belief, my values, my work, my love, my family, my friend, my life.

## EVENT COVERAGE

Witness a powerful shift within your core through Shakti Dhaarna | Empower the Self &

CHINTA MukT BHARAT 2032  
One Man with One Message from One Family



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**Dear friends,**

MaitriBodh Parivaar is working with the Divine Resolve (Sankalp) of bringing the entire world together as One Family. All those who have committed themselves to this mission are called 'MaitriDoots' - messengers of the Maitri Mission. The first and foremost duty of a MaitriDoot is to bring others closer to the Divine Truth. Truth, Righteousness and Justice stand firmly in the Maitri Mission.

**While fulfilling our responsibilities as a MaitriDoot, we require the following few qualities within us:**

**A) Unwavering Resolve:** One needs to be clear as to whom the 'resolve' belongs to. It belongs to the Divine. Then, what is the resolution of your life? You can have many resolutions as per the worldly life. They may be to earn money, power, to take care of your family members amongst others. These are basic resolutions of any human but a MaitriDoot, replaces these personal resolutions within with those of the Divine to establish One World, One Family. Then this becomes your own sankalp (resolve). When you take a sankalp for something in your life, it does get fulfilled. You have to be dedicated to it and do justice to it. The problem arises when you don't have faith in it. When we started working for the Mission; the mitras and I came from very humble backgrounds and we were very young at that time. Yet, we worked hard for this Resolve and began working to make the Ashram. Even at that age and with no money in hand, we went ahead and acquired the land for the ashram and it's here for all to see. We are an example in front of all of you to understand how important a Resolve is. It is for you to understand that Maitri

Mission is for a higher purpose and it is destined to be.

**B) Selfless**

**Service:** Selfless

Service is that which is not done for the benefit of one's 'self'. It is offered for the resolve of the Divine. There is nothing for your own self in

this. If you do offer service for your benefit, then some pain will arise, some questions will arise. In MaitriBodh, we work only for the Divine's resolve. There is no place here for one's personal resolve or wishes. There is place only for the welfare of others. Your 'self' is limited because of your wishes. As soon as your wishes change, that is, the form of the wishes transform to those of the Divine, your personal wishes give way for the Divine Resolve. In doing so, your own 'self' also expands because you are transforming as per the thoughts of the Divine. Your service should be such that you give and you forget. Do you want someone to keep a logbook of your service actions? If yes, then your 'selfless' service will become 'selfish' service. You should not even have the time to note down what all seva you did. The Divine sees it all.

Seva should not be of your choice. One cannot choose to take up kitchen seva or conducting seva or a seva where people will come and touch your feet. When the veil of the ego grows too thick, one should take up seva of cleaning the floor or taking care of footwear but even in that you might start thinking very highly of yourself. The moment you think highly of yourself, the seva becomes small again. Your emotion should be such that "I will do just as is required of me by the Parivaar". Who will prepare you for the seva? Dadashreeji will. Then you



leave it upto Him. Don't ask for anything. The minute you ask for something, your 'self' comes in. Just give.

One should be prompt in seva. The energy of the Parivaar should not be dissipated in following up with you for your seva. You should be proactive yourself. If others are not listening to you, then you should leave it as a prayer and at the right time, the Divine will make it happen. And for that, you need the third quality.

**C) Patience:** Patience is very important to keep you moving forward in seva. Some people see patience as a quality of the weak but in fact, we believe that patience is a quality of strong people. One should have patience that the Divine Resolve will be fulfilled. Whether you are there or not, it will be fulfilled. This resolve to bring humanity together as 'One Family' is that of the entire Universe. Maitreya Dadashreeji representing the Divine resolve, represents the entire Universe. The resolve will fulfill itself. You need not take unnecessary pressure or run around for it. Enjoy your seva and it will all unfold itself because this task is of Someone much Higher. He will take the pressure but this does not mean that you become lazy and sleep. The Supreme wants to work through you, that is why you always have to be active. When you are active and awakened, everything will start happening on its own. We don't need to be desperate.

In the past 10 years, we have effectively spread the message of Transformation to people from

all sections of the society and because of that if you see, in the last 3 years, many people have started talking about 'transformation' and all these people are strongly connected with us through their hearts. We have injected the 'system' with 'Transformation' and it will keep spreading on its own for the next 200 years.

**We welcome and invite everyone to be a part of the MaitriBodh Parivaar and work for the Divine Resolve. Divine loves you and cares for you. It is not just an energy but a "Living Being" that lives with you day in and day out. You may feel you are alone but He never leaves you alone. People have forgotten this Truth – the bond of Love and Friendship with the Divine.**

**This Friendship (mitratā) will lead to Divinity (divyatā), wherein you become friends with the Divine and become Divine yourself.**

**This Divinity will lead to Grandeur (bhavyatā), wherein the i expands and dissolves into We.**

**There's One in Many and Many in One.**

**Love and Blessings,**



Maitreya Dadashreeji

*(This message is an excerpt from Maitreya Dadashreeji's meeting in Mumbai where He had addressed the MaitriDoots on 28.05.2023)*

**More about Dadashreeji,  
click here:**



# *Devotion thine Divine, my eternal Guru!*



## 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.

♥ 'Bhakti', love for the Divine flows as the choicest blessing from the Universe !

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

### Dear Friends

On the auspicious occasion of Guru Purnimaa (3rd July), I warmly greet you in the love and light of the Divine as our 'Guru', our Supreme Master, our Para brahma and our beloved Maitreya. Humble obeisance to Him!

When The Divine takes birth as The realised One, it is a blessing to the entire world. He is the custodian of the supreme divine love, wisdom and infinite spiritual wealth. Being Himself established in the state of Supreme Truth, He is able to grant 'that' to those who seek His compassionate grace. His very presence inspires and ignites many around to attain the same state of unconditional love as He. **His glory is indescribable and His blessings are unfathomable.** Only He can awaken the Truth within us, our own Inner Divine.

When your heart and soul burns with deep desire to know and experience completeness, then the Guru appears to awaken us to the reality of who we truly are. With His presence and blessings, our entire being becomes centered and focused towards the Divine and He becomes an integral part of our life just like

our breath without which we are lifeless.

Such is the greatness accorded to the 'Guru' (Realised Master) and a day dedicated to honour all our Gurus' is Guru Purnima – a very auspicious day, traditionally celebrated on the full moon day to pay our respects and offer our gratitude to our teachers and our spiritual gurus.

On this auspicious day, The Divine as our Guru does not need anything from anyone. We may offer what we have and what we can out of love. The Divine's sole purpose is our spiritual growth and nothing else. Hence the best offering to the Divine is our love and gratitude for His infinite blessings.

When I first met The Maitreya, I experienced a single 'bhaav'(an intense emotion), that, **if such a Divine Being exists in the physical form, then the otherwise unseen, incomprehensible Absolute must exist.** His sublime, pure, noble, silent love, and simple yet powerful presence was like a homecoming. It was the moment when the mother had embraced her long-lost child. Thereafter my journey with my Master

## Heart-to-heart

Maitreya Dadashreeji made me realize that if I seek to experience Divine love, and yearn for the Truth then I couldn't do it on my own. Progress in the spiritual path is impossible without the blessings, Grace and guidance of the awakened Supreme Being!

Without Him I am nothing, know nothing and could have done nothing. It is only and only through His Grace that I set my heart on this path towards Divine union. Such is the compassionate Grace of the Guru! The challenges that followed thereafter were faced with a quiet surrender to the Divine that He is the caretaker. Both the sweetness of joy and the bitterness of pain came as blessings to aid my transformation for the better, and towards the Source.

I realized that we may feel we know ourselves well, but what we know is only the weak outer husk which has often fallen into slush. But the real us- the Divine within-is the spark of the Supreme One in our heart, the Guru within us. With devotion, (bhakti) we develop a deep love for our Divine, our Guru, love for the Guru's qualities and greatness, love for the Guru's form, love stemming from the remembrance of the Guru, love inherent in the Guru's sewa, love for the Guru as a friend, love for the Guru as our parent, love for the Guru's toughness, love flowing out of a simple offering of oneself at His Lotus Feet. This love for the Supreme One, that flows as devotion from our hearts is a blessing from the Universe! The purest and the best blessing one could ever imagine is the state of bhakti granted by the Divine, for bhakti cannot be understood from the mind; but only experienced in the heart.

Even though hundreds of Yogis waited long to meet Lord Rama, but it was the purity of Sabari's bhakti that made the Lord come to her. Lord Krishna's gopikas expressed that all we know is that He is the one to be adored. We don't know anything else. We cannot do anything but adore Him. Take it away from us and we will die, we will cease to exist. They had become 'bhakti'.

Bhakti completes us from within. **May bhakti for our Divine flow as an intense constant yearning, with love and gratitude from within us as the Divine continuously showers His Grace on this auspicious day!**

*With devotion,  
May He keep us all at His lotus feet,*



# 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 under the guidance of Maitreya Dadashree Ji

**Q- There are many spiritual paths and with every new teacher a new method is introduced to humankind, it creates so much confusion! What to do?**

Dear friend, thank you for this question! With a multitude of Gods/ Gurus/ teachers, the variation in the attendant methods, techniques, tools, belief systems, and rituals indeed creates confusion in the seeker! Every era has a new profound Master who seems to guide differently than the

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

♥ The best path to progress on the spiritual journey is to follow one's heart.

previous one.

A similar query was asked by Arjuna to Lord Krishna in the battlefield of Mahabharat, about 5000 years back.

अर्जुन उवाच ।

ज्यायसी चेत्कर्मणस्ते मता बुद्धिर्जनार्दन ।  
तत्किं कर्मणि घोरे मां नियोजयसि केशव  
॥ Gita 3.1 ॥

व्यामिश्रेणेव वा।येन बुद्धिं मोहयसीव मे ।  
तदेकं वद निश्चित्य येन श्रेयोऽहमाप्नुयाम्  
॥ Gita 3.2 ॥

Arjun said: O Janardan, sometimes you say the path of knowledge is superior to the path of action, then why do You ask me to wage this terrible war? My intellect is bewildered by Your ambiguous advice. Please tell me decisively the one path by which I may attain the highest good.

And Krishna answers

श्रीभगवानुवाच ।

लोकेऽस्मिन्द्विविधा निष्ठा पुरा प्रोक्ता  
मयानघ ।  
ज्ञानयोगेन साङ्ख्यानं कर्मयोगेन  
योगिनाम् ॥ Gita 3.3 ॥

The Lord said: O sinless one, the two paths given by Me were: the path of knowledge (**Gyan Yog**), for those inclined toward contemplation, and the path of work/action (**Karm Yog**), for those inclined toward action.

And then further down in Bhagwad Gita itself in Chapter 12 Krishna gives details of the third path, '**Bhakti Yog**', the path of Devotion.

**Then there are other paths too such as Dhyān Yog, Raj Yog, Kriya Yog, Kundalini margas, etc.** So, there's a natural confusion in a seeker as to what one should follow. Let's try and understand this.

As in the above Gita Shlok 3.1, Krishna has profoundly elaborated that depending on the inherent state and quality of a seeker, two different paths are created, one for the contemplative, and one who is action oriented; the given as a path of knowledge (**Gyan Yog**) and the path of action (**Karm Yog**), respectively. Similarly, in Chapter 12, He introduces the third path, of devotion or Bhakti, which is meant for a



## Stories & Sagas: Vedic stories

seeker who is predominantly experiencing the higher emotions of love and surrender, someone who is pure.

Everyone has a mix of different qualities, of being either too intellectual or practical and , action oriented or emotional. Therefore, it is essential that we do not compartmentalise these paths, but have a mix of all these which is again explained by Lord Krishna Himself and all the Divine incarnations/ Masters/ Gurus.

Ideally one should follow these paths in proportion or accordance to one's natural inclination in life. The best path to progress on the spiritual journey is to follow one's heart.

As, Maitreya Dadashreeji says in His profound words:

*"Love, Peace and Selfless Service are my path to experience that absolute truth in you. Only through this can you experience it and not by following any books, rituals, teachings or meditation techniques."*

Divine incarnations reveal spiritual paths depending on the need of the time. All true Masters will help you flourish on the path, which you naturally align with and which helps you grow naturally. Individuals tend to get attracted to the path which cater to our natural inclinations, be it intellectual, action-oriented, or emotional.

Eventually all paths culminate into ONE and that is the experience of DIVINE LOVE, which is the most important thing to understand. As long as you are coming closer to the experience of that unconditional Love, you are fine with whatever you choose.

As Maitreya Dadashreeji puts it beautifully, *"If you experience me, you experience true unconditional love within. If you experience true love and truth, you experience me. To come closer to this source, the only way is to relate to me or any other form of divinity of your choice and serving others in the best possible way you can."*

So just follow Love, follow your Heart, and soon you will experience that TRUTH!



# Know more about Milk

Milk is a natural food source for mammals. Animals, including humans, produce milk to feed their young ones until they are ready for solid food. **Dr. Sreelatha Shetty** shares some insights into different kinds of milk and its benefits.

**A**yurveda is a centuries-old Indian system of medicine. Its main objectives are maintaining of health in healthy people and curing diseases in diseased people, achieved through diet and lifestyle regimens. Ayurvedic medicines and treatments are holistic and customized for everyone.

Among different dietary items, milk is one such nutritious item that is utilized for both prevention as well as treatment. It is considered the nectar of life; life begins with breastmilk and, in due course, moves on to animal milk. Ayurveda classifies milk into eight categories: human, cow, buffalo, goat, sheep, camel, elephant, and donkey. Each has its own healing properties and is suitable in treating a variety of illnesses. Cow's milk is said to be the best of all. It is recommended to drinking it daily to maintain a healthy lifestyle.

Before delving into the unique features and purposes of each type of milk, let us first consider the overall qualities of



milk as mentioned in Ayurveda.

The general qualities of milk mentioned in Ayurveda are sweet, unctuous (high fat content), cold, galactagogue (promotes lactation), energizing, nourishing, aphrodisiac, useful for improving intelligence, strength, mental faculties, invigorating, reliever of breathlessness, cough, fatigue, quenches thirst, is an appetizer, and eliminates wastes from the body. It is wholesome for all living beings. It is useful in diseased conditions like injuries, emaciation, anemia, hyperacidity, abdominal enlargement, burning sensation, edema (swelling), hardened stool, and disorders of vaata (dosha

## 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.

responsible for movement and cognition) and pitta (dosha responsible for regulating body temperature and metabolic activities).

The specific characteristics of each milk will now be discussed.

### Human milk

Human milk is vitalizing, bulk-promoting, habituated, and unctuous. It is used as treatment for bleeding disorders through snuff or errhine therapy (medicine for putting in nostrils to promote sneezing and increased discharges) and for pain or redness in the eyes.



## Traditional Remedies & Integrated Medicine

A newborn's life is dependent on the mother's milk. It not only satisfies hunger but also supplies vital ingredients required for growth and development. It contains colostrum, antibodies, all the essential vitamins, minerals, and other nutrients necessary for a newborn baby. It increases brain functioning, helps fight against infection and inflammation. As a result, doctors advise exclusive breastfeeding of the newborn for the first six months.

### **Cow milk**

Since the Vedic period, cows and cow milk have held a sacred place. Its qualities are sweet, cold, soft, unctuous, thick, smooth, slimy, heavy, mild, and soothing. Because of these qualities, it increases ojas (vital energy or immunity), is the best among vitalizers, and has the action of rejuvenation.

It nourishes and boosts strength, intelligence, and lactation. Cow's milk infused with medicinal plants can treat a variety of health issues. For babies, cow milk is the next best thing to breast milk.

Cow's milk is high in calcium and potassium; therefore, it is beneficial for bones, teeth, and muscles. It also enhances brain health and aids in growth and development. Milk consumption is linked to better bone mineral density, according to research.

### **Buffalo milk**

It is heavier (to digest) and colder than cow's milk, and because it contains a lot of fat, it can help combat sleeplessness.

After cow's milk, it is the second-most consumed milk. It is high in nutrition and improves strength. Protein, fat, and lactose content in buffalo milk are higher than in cow's milk. It is a source of minerals like magnesium, potassium, phosphorus.

Though it has a high nutritious content, Ayurveda does not recommend it as a first choice since it is difficult to digest and has a high unctuous content. Ayurveda focuses mostly on an individual's digestive ability. Many ailments are caused by indigestion; therefore, one should always focus on one's digestive capacity and eat foods that are readily digested.

### **Goat milk**

It has an astringent, sweet taste, is cold, has a constipating effect, and is easy to digest. It is recommended in conditions of bleeding disorders, diarrhoea, debility, cough, and fever.

It is high in protein, healthy fats, vitamins, iron, and other minerals. Contains antibodies and has anti-inflammatory properties. The high calcium content strengthens bones and teeth, gives energy to a growing child. It is recommended for people who are dehydrated and underweight. Goat milk is excellent for people who suffer from moderate diarrhoea or defecation more than twice a day.

Though it has a high nutritional value, it has a constipating effect, making it inferior to cow's milk.

### **Sheep milk**

It causes breathlessness and hiccups, is hot in potency, aggravates pitta (dosha responsible for regulating body temperature and metabolic activities) and kapha (dosha responsible for regulating body fluids and keeping the body constituents cohesive).

It is expensive and according to Ayurveda should not be consumed daily.

### **Camel milk**

It has qualities like dry, hot in potency, slightly salty in taste, and light to digest. It is recommended in bloating, constipation, worm infestation, oedema (swelling), ascites and haemorrhoids (piles).

Camel milk is a significant source of nutrition for desert dwellers. It is high in vitamin C, B vitamins, calcium, iron, potassium and healthy fats. It contains chemicals that enhance the immune system. It is laxative and hence effective in constipation and other illnesses requiring a laxative action.

The disadvantage of this milk is that it is not widely available and is expensive.

### **Elephant milk**

It is heavy for digestion; it promotes strength and provides stability to the body. Despite having the benefits listed above, it is rarely used by humans and is difficult to digest, resulting in diarrhoea, indigestion, and other problems. It also contains some amount of alcohol, as sugarcane is an elephant's main diet and sugarcane is the main source of ethanol.



#### Donkey milk

It is hot in potency, sour-salt taste, light for digestion, strength promoting, and stabilizer.

Donkey milk is uncommon nowadays, although it was popular in ancient times. In some parts of our country, there is a tradition of drinking donkey milk.

It is expensive, and people dislike it due to its sour-salt taste.



#### Rules to drinking milk

It should be consumed lukewarm i.e., neither cold nor hot. It should never be coupled with sour or salty items because it acts as a poison in this combination. It should also not be mixed with green leafy vegetables or radish, and drinking milk immediately after eating these should be avoided.

#### Which milk is good?

A lot of options are available in the market, like A1 milk and A2 milk. This classification is based on the presence of beta-casein-milk protein types A1 or A2. Although studies reveal that A2 milk is superior to A1, Ayurveda believes that milk from locally raised cows in their natural environment is the best option. Cows raised locally will eat and live in the same environment as the locals. As a result, milk from such cows will undoubtedly be acceptable to the locals.



# Muskmelon Juice



The summers are upon us with the scorching sun leading equally to parched lands and throats! It becomes doubly important to hydrate and keep the body cool and healthy to ensure that we avoid sun stroke. We share the recipe of a refreshing summer cooler rich in minerals and vitamins!

## Ingredients:

- › 4 dates (soaked for 15 minutes)
- › 8 to 10 almonds (soaked overnight)
- › a cup of muskmelon cubes
- › 1/4 th cup of water

## Recipe:

- Peel off the skin of the soaked almonds.
- De-seed the dates.
- In a grinding jar mix the peeled almonds, dates and water. Your sweet almond milk will be ready in minutes.
- Now add muskmelon (reserve a few cubes of muskmelon for garnishing) and grind again until you get creamy texture. Add water only if required as muskmelon already contains water. Pour in a tall tumbler and place small cut muskmelon cubes on top.

*Serve chilled.*

Enjoy this drink 

with your loved ones  
and with your Divine!



# Almond Walnut Soup



The monsoons bring welcome relief to life! However, long days of being confined indoors often lead to binge eating which necessitates that the evening meal be light on the stomach! We share the recipe of an interesting and tasty soup which will give you the necessary nutrition as well as fill you up without feeling bloated.

*Recipe serving – two persons*

## Ingredients for stock:

- › Ingredients for stock:
- › Cabbage-1/2 cup chopped
- › Bottle Gourd -1 cup chopped
- › Ginger -1 tsp. chopped
- › Pepper corn-2
- › Cloves-3
- › Cinnamon-1/2 inch stick
- › Basil - three to four leaves

## Ingredients for soup:

- Almonds -5
- Walnut -5
- Ginger grated- 1 tsp.
- White stock- 3 cup
- Butter - 2 tsp.
- Wheat flour or all purpose flour-1 tsp.
- Salt to taste
- Fresh cream- 2 tbsp.

## Method:

### For white vegetable stock

- Add all ingredients in cooker and pressure cook for 15 minutes on low flame.
- Strain the stock.

### For the soup

- Soak the almonds and walnuts overnight in hot water or for a minimum of five hours; drain and remove the skin.
- Churn in a mixer and make fine paste.
- In a pan, heat the butter, add ginger and saute for a minute, add the flour and saute on a medium flame for 30 seconds.
- Add the vegetable stock and mix well.
- Add almond paste and mix well.
- Cook on a low flame for 3 to 4 minutes, stirring occasionally.
- Add the fresh cream, salt and pepper, and mix well.
- Serve hot, garnished with almond slivers.

*Follow these easy steps to make a tastebud-tickling delicious soup!*

# Handmade-an Act of love

Going back to how things were done is not necessarily an act of regression; handmade is a way of life and an act of love. It is relational, speaking of the relationship with Nature, with oneself, and with humanity at large, says **Maitreyi Suman**.



Maitreyi Suman

*"Love and compassion are necessities, not luxuries. Without them humanity cannot survive" -Dalai Lama.* Love is at the core of existence and its sustenance. While Love ties the thread of oneness among each one of us, compassion is something that brings people closer to one another through sympathetic consciousness of others' distress and a desire to alleviate it. Whenever there is an imbalance in these elements we suffer, individually as well as at the societal level.

As the discussion about sustainability is picking up momentum, at the heart of it lies the idea of living a simpler life in tune with our essence and equally with our surrounding environment. **Sustainability is an act of love, towards us, our fellow brothers and sisters, our future generations and above all Mother Nature.**

Industrialization started in the 1700's, impacting mankind's evolution just as the invention of the wheel had. The invention

of machinery must have been triggered by the thought of making life easier and improving the standard of living. Factory jobs lured people from rural areas to cities in the hope of making a living, earning money, and doing less rigorous work. This led to cities being over-populated, causing unhygienic living conditions and creating a generation of malnourished and uneducated people. Certainly, the industrial revolution helped a certain section of society become richer but at the same time it deepened socio-economic inequity in society. Undeniably, this machine-led production also led to environmental and cultural deterioration.

In modern society, more so when people were confined to their homes during the pandemic, people realised the folly of senseless consumption and the harm it had caused to the environment. People woke up to the beauty and intimacy of personalised,

handmade products. Compassion towards nature slowly began to replace wanton consumption.

**A craft is a skill that allows artisans and craftspeople to express their individuality, their love, their values, and their passion.** Each piece holds a story of the men and women who learned their craft from their parents who learned from theirs; hand-producing goods woven with learnings of lifetimes. And this is how a culture becomes richer, with skills passed down through generations, every time a newness was added to it.

**Handmade means slow, deliberate and unique.** No two pieces can be similar; handmade chapattis would be a little thicker here, a little brown there, a tad bigger here, and slightly less puffed up there. A potter's earthen pots in a row, similar but not the same. All perfect, just not the same.

Further, handmade objects are generally not disposable in nature. Why make the effort of creating something beautiful by hand just to throw it out? It was this unsaid value in handmade items that previous generations were so high on conserving by mending, recycling and upcycling. Remember the pickles, lentil vadis, saree bedsheets, curtains and what not?

Handmade also means quality and its **elemental value for us and the environment**. Hark back to kansa (bronze), peetal (brass) and tamba (copper) vessels used to cook and store. They are still used in some homes after generations of use and those who sold them received good value for them. The matkas/gharas or earthen pots for cooling water in summers are still around despite hi-tech refrigerators. And truly, there is nothing quite as refreshing as mitti ke ghare ka pani (cool water from an earthen pot).

Hand made goods have intrinsic qualities that promote health. Handmade is relational for the product speaks of the relationship with the craftsperson and with Nature. Anything that has the moral fibre of compassion inbuilt would prove to be sustainable for humanity, all species and the earth.

Importantly, handmade goods have low carbon footprint as they are made mostly with locally available raw materials. A potter uses the clay available in the vicinity or better still, he will settle down in a place with better quality clay. Weavers cluster around silk and cotton producing forests and farms.

Traditional handicrafts fostered cooperation and interdependence. History has repeatedly illustrated that natural cooperation and collaboration, an act of love, is what makes survival easier. It

is a delicate but not difficult art to balance individual good and the common good.

In a nutshell, handmade lends depth and personal investment as opposed to mechanised mass production of goods. Handmade pieces show the power of the human spirit and its propensity to create. When you support artisan-made pieces, you support the craft and skill they practice. You also help sustain the culture, the local economy and above all experience the bliss and pride of the craftsperson in his/her creation, an act and expression of, love.

*"The benefit you give others comes back to you by way of Grace incessantly showering upon you as your consciousness gets cleansed and purified." – Maitreya Dadashreeji.*



A handmade craft allows artisans to express their divine qualities, uniqueness, passion, culture & above all its alignment with Mother Nature makes it truly an act of love!







## Charul Jaitly

*This month we share the metamorphosis of Charul Chaturvedi Jaitly.*

**C**harul ji is based in Dubai, the Co-Founder and Managing Partner of Mātiti Group. She is an International Keynote Speaker, Published Author, Winner of Mrs UAE International, and Influencer. In this column she speaks with **Maitreyi Jagruti** and shares her spiritual journey and the transformation she has experienced therein.

### Let's begin with your current emotional state – how are you doing?

Oh, I'm feeling phenomenal. I think when it comes to working for the MaitriBodh Parivaar's mission, I feel that in reality 'He; is doing all the work! We leave matters in His hands and are just actors performing the roles assigned to us by Divinity! [laughs].

### Okay. So, let me begin from there. Did you always believe that there was someone

## 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.

### directing you to perform the role assigned to you, or is this a new language that's coming in?

You know, it's strange that you ask me that question, because the word 'actor' just popped out of my mouth, right now I use this analogy of an 'actor', not for amusement or for the sake of entertainment, but it is for a bigger purpose, for a teaching, for higher good. So, to your question, yes, I have grown up in a household where I would wake up in the morning to my grandmother doing a havan. The smell of

incense, the wood, and the ghee burning. I still have a very clear memory of that. I remember as a little girl at the age of 6 years, I would be chanting the Hanuman Chalisa. Then, fast-forward to me becoming a young adult (I left home at an early age), and I was living in a hostel figuring out my career path – all through this, the morning rituals, the chants and prayers were a part of my daily life. After my morning shower, I would not touch anything till I had recited my Hanuman Chalisa and done my prayers. It was a pious, precious, personal moment for me. This practice has stayed with me

## Tales of Transformation

since then. It has been a great anchor, something that I could always go back to whenever I needed direction.

**You said that it was an anchor. So, you were awake to the presence of an anchor, something possibly larger and steadier than yourself, whatever form it took. And how did the Maitreya come in?**

I think each one of us has had life-changing and phenomenal experiences with the Maitreya. From 2009-2015, I was at the lowest in my life from relationships, career, finances, to even my health, everything was falling apart in my life.

I have always been someone who had it all figured out. I have always thought and felt that I had it all in control. And there was this time when nothing was going as I expected or anticipated. My life was jammed for several years.

Fast forward to 2015-2016, there was just something or the other going wrong with me health-wise. I survived a very complex surgery in 2015. And that really diminished my chances of planning a family.

Simultaneously, my in laws health deteriorated. And before we could understand what was happening, we lost both my in laws in a span of 11 months. My husband and I were left in so much of pain and trauma,

we were inconsolable. I was exploring IVF but repeated attempts bore no fruit. I was mentally and physically exhausted. I was heartbroken as a woman, disappointed as a wife and really devastated as a human being. I remember that evening, when I was driving back from my doctor's clinic, who broke the news of my failed (last) IVF attempt. This was our last, I was exhausted with the process and was emotionally a wreck. I was driving aimlessly, with tears storming out of my eyes. Barely managing to see clearly, I pulled over at a random place and parked. Just then my phone beeped with an event reminder that I had registered for, on Facebook. I don't know why I registered, as I had no plans to attend. With weepy eyes, I clicked on the link and the location for the event was 100 meters from where I was parked!

I felt that would be a safe place, as no one would know me and would not judge me for how I was feeling. I decided to go. Taking off my shoes, I entered this beautiful room and guess who was there to welcome me? My Dada! With His big Divine Light placed in the centre of the hall.

I didn't understand much that night, did not listen to the words that were spoken. But I knew, I had arrived. This was home and my Dada was there to hold me and take me forward.

**Wow. I don't even know what to ask you next! So, was there an instant connect and recognition, or did that leave you feeling healed?**

Correct sentence as below: I think there was a connection without my mind acknowledging it. My progression through Bodh was gradual, but somewhere beyond my mind, somewhere deep inside, I just knew this will help me. The connection with Dada did not happen immediately. I think He had to fix me piece by piece to even allow my heart to understand who He is. That process has led to an awareness that He resides deep within me. So, not instantly, but it was deep, gradual work and He found a way to create awareness of my oneness with Him.

**Since you had been searching, entering different groups and trying everything, what was the outcome of your search? What was it about Dadashreeji's teaching that gripped you?**

I would say it was the experiences. As Dada says it, 'anubhav'. And He emphasises that. No books, no textbooks, no chants will ever let you understand what spirituality is all about, but the anubhav, the experience. I think that is what helped me latch on to His teachings. For the longest time I thought it was my mind's

creation. Because, through meditation, I would have visual experiences. I would see certain things happening. And if I may, I will very briefly share one such experience with you. This was during Bodh 4, and it was one of the first meditations that we did in Bodh 4. I am a Bajrangbali bhakt since childhood, and, in this meditation I 'saw' in my heart a UFO kind of an object, shaped in the form of a lotus. It was spiralling around with Dadashreeji seated on it, and it was spiralling in my heart centre. I saw myself as a child, standing on a hilltop which had a steep cliff at its edge. As I would look down the edge, there was Dada seated on the floating UFO. Hanumanji was there holding my hand, and he wanted me to jump with him off the cliff, onto the UFO. I was unsure and communicated that (all through eye contact and emotions); He held my hand and indicated that I should trust Him. So, we jumped off the cliff, and it was scary, but fun. Then we landed on that UFO, and Hanumanji handed me over to Dadashreeji. Dada and I then went up and down, round and round in the UFO! Finally, I saw Hanumanji floating in the air, disappearing in green stardust.

I understood that my Bajrangbali had entrusted me to my new-found Divine Friend, saying be with Him, and that He will take care of you. Those roller coaster rides perhaps were the challenges and the things that I would go through, and knowing that Dada will be there, no matter what happens.

**It seems your life had two phases, the one prior to meeting The Maitreya and the other, what followed subsequently. From a freefall to enjoying the fruit of being in His Grace. The dreams which you wouldn't dare tell anybody, suddenly start manifesting. Is there some emotion or thought surfacing within at this point in time?**

I will share a life-altering event that happened recently. In July-August 2021, my health took a turn for the worse and things looked very critical. Very similar to my previous bout of ill-health a few years ago in 2015. I understood that if things are happening repeatedly, I am not finishing my lesson, and it is coming back more aggressively.

This time the diagnosis was even more serious, and surgery was more complex and extremely painful. In September 2021, I went through a 9 hour long surgery!



When I came out of the recovery room, I was still drugged and my husband was almost in tears because he was seeing me in pain, and I remember saying to him that if Dada, my Divine, is putting me through this, then there are going to be beautiful surprises on the other side. My husband was amazed, he had not seen me so fearless ever before.

I realised just in that moment, still sedated still in pain, that I am was not fearful anymore. That was my 'aha' moment. I was willing to accept my circumstances, and go with the flow. And then those beautiful surprises started to arrive.

Against all odds, and with no expectations, I was registered as the last entry for the Mrs UAE International pageant. This was within 8 weeks from my critical surgery. My healing was miraculous, and not only did I participate but also win the title!

My story made it to the cover page of Gulf News, National newspaper of UAE.

Within 3 months of winning the title, I published 2 co-authored books, featured in numerous magazines, was invited for multiple radio interviews, and all that happened with inimum effort from my end.

I was invited five times as a keynote speaker at the Expo 2020. Since then, I have spoken at scores of events around the world. And, I have won numerous awards in different things that I do, for diversity, for sustainability, for women empowerment, for mental health, and I have won

awards in all those spaces. I can only say, 'thank you Divine, thank you, Dada'!

I am just accepting my learning, accepting the pain that was served to me, which I fought for the longest time and it kept coming back harder. I was a victim of procrastination and self-doubt for the longest time. And I always thought, who wants to know my story? People have enough of their problems to deal with. And when you get over all that mind chatter and you start to share, you realise so many people were waiting to hear this. I mean, the positive feedback I have received from all categories of audiences, is very encouraging and it lets you get out of the mire of negative self-doubts and thoughts and really move forward and focus on what you need to deliver.

### **Inspiring! So, what does the Divine mean for you today?**

Divine is literally everything for me. My faith, my belief, my values, my work, my love, my family, my friend, my life. It's not just me, my whole family is now connected with Dada. I knew I was the medium and it was my responsibility to take them all to him. My husband and I have attended Bodh V. My brother, my parents are connected. Divine Light has found its place literally everywhere – in my car, at home, in the pooja ghar, in my living room, in my office. The Divine is everyone and everything and is a very integral part of who Charul is. I know that wherever I am, whatever I am doing, every living day and moment of my life, Dada is with me. I am still

a work in progress because to understand and – not to understand – to experience the Divine is a never-ending journey. But I want to just immerse myself in it.

Every time I think I have understood life, I am only left to realise that there is so much more to learn and experience. And now I can go through it all, with my Divine.

### **Wonderful! A last question, what would be your message to any seeker reading this interview?**

I would say, please don't take my word at the face value. And if you can't relate to my experiences, that's fine too. Try your own paths and experiment with things. But when you think you are done trying, and still don't have the answers you seek, come and speak to the Divine Friend Maitreya Dadashreeji through the Divine Light. And start your journey with the BODH series of programs, to finding your own truth.

Its not important to believe me, but to get your own experiences. And if my story helps you take that first step, its all worth the while. In the end, we are all seeking and somehow no matter how unique, our stories are aligned and are progressing towards the same finish line.

The paths may vary, but the destination is the same. I have found my path, and it leads me to my Divine, my Maitreya Dadashreeji.



## *My Miraculous Divine Healing*



Anita Bhadola

**W**hat is a miracle? Dadashreeji says that for humanity an occurrence which does not have any explanation or logic is a miracle. And I have experienced this, something that defied logic and explanation. I had been suffering with a severe back pain because of vertebrae dislocation in my spine. Excruciating pain made moving around and doing daily chores extremely difficult. No treatment helped and painkillers were the only relief to help me manage my activities through the day. Doctors suggested surgery as the only solution.

The spinal surgery meant equal chance of relief or going wrong and permanently impacting my mobility. That I was scared is an understatement. Swinging between pain and fear, I knocked on all prayers, rituals and treatments that could bring any relief. At 35, life seemed unbearable, difficult, and pointless. I had reached breaking point long ago and yet, somehow dragged myself along.

I met the Maitreya in 2015. And He became my friend to share my pain with.

One day I went to Maitri Arohan Centre in Gurugram where I met a Maitreyi (female sevak in MaitriBodh Parivaar). In hindsight, it looks as if she was waiting for me.

Responding to her soothing words, I opened-up and shared my pain in words and tears. She asked me to convey my prayer for relief and help to the Divine Light. I did the same asking Dada to help me come out of this painful life. I came home and got busy with life as usual. Sometime later, my husband met a medical emergency that took all my energy and focus. It was a miracle that medical help reached him well in time and he came out of that otherwise fatal situation. Today, he is healthy and happy.

In continuation of my story, it was a few days after my husband had come home that I remembered my back pain. It wasn't there. I was walking straight as opposed to bent at the waist. I was walking through the corridors, climbing the stairs without any strain or pain just like any normal person does. I was shocked as the realisation set in.

I had been pain-free for many weeks. I had tended to my husband in hospital and at home, had made multiple trips between home and hospital in car, autorickshaw and on foot without crying out in pain. I had not taken any painkillers all this while.

And this is the situation till date. I have no pain, don't take any painkillers and have not undergone the advised surgery. Logic defies it. No explanation of how all this happened. All that remains are memories of those pain-filled years.

My life can be divided into before and after that evening at Arohan centre where I had asked my Maitreya for help. And how He helped, without me even knowing it.

Today, as I share this, my heart swells with love and gratitude to Him for not only giving me a new pain-free life but also the awareness that real help is made available quietly, with Grace.

Help (others) quietly, help with no expectation and help with compassion is what I learnt with this miraculous Divine healing.





## Sheetal Pande

**O**ur journey with the MaitriBodh Parivaar started in the year 2019 when some sevaks of the MaitriBodh Parivaar came to Aditya's (my husband) office to offer Maitri Sambodh Dhyān and Maitri Light. Both of us were not spiritual people, but we had no idea how that day would impact our lives. When Aditya came home, he said the interaction left an impact on him and we started practicing Maitri Sambodh Dhyān on YouTube every night. After a few days he lost interest and gave up the meditation.

At the time of outbreak of the Covid pandemic, we again started practicing Maitri Sambodh Dhyān to calm the mind and it was then that we had an 'otherworldly' experience. Subsequently, something changed within, and a calmness descended on me. It was at this time that the online sessions of Worldwide Transformation Program started and that gave renewed impetus to our journey.

I would like to share my experiences of how Maitreya Dadashreeji has touched our life. Earlier this year, in January 2023 our pet dog Leo was nearing the end of his life. Leo and Aditya were an inseparable pair, and I was afraid Aditya would be overcome with grief due to Leo's departure. We couldn't see Leo's suffering, so we chose the path of euthanasia with the help of a vet, even though it didn't agree with our hearts. Conflicted and tortured internally, we were sitting in front of our Divine Light and praying to save us from having to go down this route of euthanasia for Leo. As it happened, we said our goodbyes forever to Leo in peace, in our own home in the next one hour. I was very sad but satisfied that there was no guilt of euthanasia.

Clearly, Dadashreeji gave us a demonstration of the power of prayer.



### Maitri Aradhana Seva

A fortnight before Maha Shivratri, Aditya played a beautiful bhajan of Shri Rama sung by Lata Mangeshkar and Pandit Bhimsen Joshi in our car. In my thoughts I addressed Maitreya Dadashreeji, wouldn't it be wonderful if we were to hum something like this with the Parivaar! I shared the thought with Aditya and the following week it was announced that anyone wishing to join Maitri Aradhana Seva of singing bhajans should connect with the relevant Parivaar members. My joy knew no bounds! I joined the group and started practicing. I sang my first bhajan, of my beloved deity Shri Mangesha, "Mage Ubha Mangesh pudhe Ubha Mangesh".

### Maitri Aarohan Centre Seva

I had the desire to start an Aarohan Centre at our home. On the very next day it was announced that those interested in offering their homes as Aarohan center should submit their names. Unhesitatingly I submitted my name, and we have an Aarohan Centre functioning at our home! Maitreya Dadashreeji fulfilled yet another of our wishes!

### Bodh I & II

There was a desire to attend the Bodh II spiritual retreat, but the situation did not support it. Aditya and I had decided that we would go to the ashram after June because he had just

started on his new job and there was no holiday to be taken immediately. There was also a financial crunch. In mid-April it was announced that Bodh II would be conducted at a venue close to home and that made it within easy reach, in every sense! However, there still remained the issue of Aditya's work situation; we were guided to speak with our Divine Light and pray for away forward; to our amazement, Aditya's leave was adjusted and some money supposed to be coming in a few days' time came early, so finance too was arranged.

Bodh II sessions started, we participated in all the processes and after finishing the program of the first day we returned to our accommodations when we realized that our suitcase had not been delivered to the room. I was in despair as the suitcase contained all our belongings. The search started, lasting an hour but the suitcase was not to be found. I wondered within as to why we were going through this. At that time, there was no answer! I thought that I should go home, so I called one of the Parivaar members late at night, but she said, "Not at all, Maitreya Dadashreeji is testing you for something! In any case, please don't step outside the hotel, let's see what can be done". The next morning, we put on the same set of clothes and went for Bodh II. By this time the news had spread everywhere. Many were worried about our bags

being lost, expressing genuine concern and offering their help. One of the sevaks even brought clothes for us from her house.

The suitcase was lost but we gained by forming a strong bond with the Parivaar members. We have travelled extensively but never experienced such love. After a while, during the break of the first session, we were informed that the suitcase had been found, and everyone breathed a sigh of relief. I went to the lobby to check the suitcase; I saw that everyone was happy, and the attendants had put a 'Dada's garland on the bag. Everyone celebrated by taking photos and videos of our 'reunion' with the suitcase! It turned out that a hotel bellboy found the suitcase in an unoccupied room and when he was taking it to the reception of the hotel, a Bodh participant saw it with the Bodh event tag on it and thereby requested the bellboy to deposit it at the MaitriBodh Parivaar counter.

In all these circumstances, saying 'thank you' would be insufficient, but I would like to express my heartfelt gratitude to all sevaks of the MaitriBodh Parivaar for their genuine concern and abundant love!

We will meet again, to share more such beautiful experiences in our common spiritual journey!

*Dada Sharanam*





Harshal  
Lone



**D**uring Covid times I was jobless for two years. Prior to 2020 I had attended Bodh I and II. So I was eagerly waiting for the Bodh events to start and was fervently praying to Dadashreeji to start Bodh sessions again. One day I got a notification from one of the sevaks that the Spiritual Week would be starting again in Feb 2022. I was very happy to experience Dadashreeji again. So much that I immediately registered for Bodh III.

This was also the time that I had applied to many companies for various posts. So the next day I got a call from an HR person that my interview is scheduled for Saturday that week. This was also the day I would be going for Bodh III at the Ashram. I replied to that lady that I would not be available on Saturday and requested her to reschedule the interview. Upon hearing my request, she went blank. She already knew that I did not have a job for two years and yet I was requesting her to reschedule the interview.

She told me that she would check it with other members and confirm. After that call she didn't take my calls, nor replied to my messages. I told Dadashreeji that see I have chosen you now so please take care of my future. Whatever happens after Bodh III is your responsibility.

One day I got a call from another HR person from the same company. She had scheduled my interview for that week. I cleared that interview and within an hour the HR person called and congratulated me and told that I had been selected for that particular post.

I saw clearly the hand of the Divine in this. I made the difficult decision of my life and chose Divinity (despite fear and family pressure). Divinity responded to me with that one opportunity I was waiting for these two years.

*Glory to Maitreya Dadashreeji!*



## Oscar Navarrete



**M**y wife and I went shopping to a food market. This is a place with very good prices, therefore is always packed full. I got distracted and lost sight of my wife. I was looking for her when I heard a lot of shouting. Some men were trying to rob the store, and in the struggle some customers had caught one of them while the other men had run away. It was then that I heard a loud sound.

The first thought that came to my mind was of a gun shot outside of the store. I ran outside from a secure side of the place to check if my wife was there. It so happened that the other robbers had run away and got on a pickup with a very sturdy bumper. They were trying to force the customers to release their partner by crashing into parked cars exactly where my 30-year-old sole car was parked too. I waited until they left that lane and ran to check what I thought were the

leftovers of my small, old car. When I got there, I could not believe it! My Chevy was the only car that had not been crashed!

I opened the driver's door frantically to escape from the place only to find my Divine Light on the seat! My wife had placed it securely on the dashboard, but it was in the middle of the seat face up! I thanked my Divine Friend Dadashreeji with all my heart and called my wife. She was safe, sound, and unaware of the robbery. We left the place safely with much gratitude in our hearts.

*Thank you, Dada!  
Dada Sharanam!  
Oscar Navarrete, Mexico City*

# *Oneness in Seva !*

Mitra Preet shares how a simplest act of service brings profound transformation in our life!





**H**aving been blessed as a medium for Maitri ShaktiPravaah recently, I got an opportunity to offer this seva at the Mass Bodh event which had about 250 participants.

I felt especially important to be chosen as a direct medium to work on the Transformation of a soul. The participants were divided into two groups and each group was assigned a sevak who had to perform a specific ritual as part of the Maitri ShaktiPravaah process; I was one of the two sevaks assigned this responsibility. As soon as the Aum Ling Dhyān got over it was time to start with this ritual.

Just then one of the male participants in my section indicated to me that he needed to use the washroom urgently. Left with no choice I had to escort the participant out of the hall even as the specific ritual for Maitri ShaktiPravaah was being started. The other sevak noticed me leaving the hall with the male participant and seamlessly took over my

section of the hall as well. By the time I returned to the hall, the ritual had been performed on all participants by the other sevak, including the participants in my section of the hall.

"It's over. I didn't get to do this seva!" I uttered to myself, in my mind. With no time to process we had to get on to the next task of Maitri ShaktiPravaah. Eventually, the session came to an end and the participants dispersed for the day.

Late night, alone with my Divine Light, the thought surfaced again, "I was not able to do the seva assigned to me!" It was then that I heard the voice within, "Why did you feel that the seva was an upgrade for you? Why did you feel that was a 'direct' contribution for Transformation? What about the sevaks who tagged the bags, laid bricks for the havan, filled forms, played music, swept the floor, etc? Don't ever feel one seva is more important than another. Don't ever feel a Maitri ShaktiPravaah medium's

contribution is more important than the one doing something else. My blessings are always with you!"

The Divine is that ONE source which is bestowing blessings on everyone as they offer themselves in service to mankind. It is our perception and mind's conditioning that creates the feeling of comparison and duality. Seva bonds us all in humility, love and equality, thus driving home the message of Oneness. I urge everyone to offer themselves in seva and emerge as a transformed being!

*"The simplest act of service brings profound transformation in your life. Through seva, not just you but society itself is transformed."*

*"You free yourself from all bindings. Your consciousness is cleansed and purified within. Divine Grace is showered on you abundantly."*

*Maitreya Dadashreeji*



# *Bodh V*

## *Shakti Dhaarna:*

### *Empower the Self*





**T**he Bodh series is a transformational journey that begins from the mind and ends at the Heart. After dissolving the false Self with Bodh journey from Bodh I to Bodh IV, now prepare yourself to embark on a path towards becoming the Divine Self. Bodh V takes you one step closer to that Supreme Truth which Empowers the Self. Unlearn everything that you have learnt before and empty your Being to fully absorb the true sacred knowledge, shared by Maitreya Dadashreeji himself, which was once unknown to mankind until now. Grow beyond your current state throughout these 6 days of bliss with the Divine through profound spiritual processes and ancient meditation techniques. Witness a powerful shift within your core through Shabd ShaktiPravaah, an advanced transformative energy transfer process which will accelerate your Transformation and help you experience your Divine Self completely.



♥ *All this and many more Divine revelations awaits you at our sacred home ShantiKshetra Premgiri Ashram.*





Shreelha Purima  
Maitreya  
2023  
Beyond Enlightenment,  
Towards Transformation



# *Chinta Mukta Bharat* *2032*

*One* | *Man with*  
*Message from One Family*





**M**aitreya Dadashreeji, founder of MaitriBodh Parivaar, shared the message of Chinta Mukh Bharat 2032: a vision of stress-free, worry-free, and a happy nation unit where all its citizens are physically, mentally, emotionally and most important, spiritually fit. Today's common man is beset with fear, anxiety and depression, a constant worry of day-to-day needs, to those of finding inner-peace. This initiative works towards uprooting the starting point, the 'chinta' first experienced at the personal front and takes you towards a life of true freedom.

He made this path-breaking announcement at a program held on the auspicious occasion of Buddha Purnima in Thane, that was attended by over 350 seekers, celebrities and leaders alike. With a clear set focus, and practically actionable, Maitreya Dadashreeji shared the direction towards growth, towards our Bharat, truly becoming spiritually enabled – a Vishwaguru, with its citizens experiencing a Chinta-Mukh life.

One man, Maitreya Dadashreeji; one message of Chinta Mukh Bharat; one family, MaitriBodh Parivaar has announced this exalted vision for a new Bharat. Let's be on the right side of history.

*Aaya chinta mukh hone ka sandesh!  
Badenge aap, Badlega desh!*

## 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.



*It is only through your Master,  
Guru, Guide, a realized  
Divine Being, that you get  
both **Grace and Guidance**. He  
is the giver of Grace. He is the  
Guide for your soul. When you  
establish a Divine connection  
with your Guru, a friendly  
bond with your Divine, a new  
journey of your life will begin.  
His utmost concern is your  
growth and He will deliver  
infallibly, at each step.*

Maitreya Dadashreeji

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