

MAITRI *Anaahita*



Maitreya Dadashreeji will be addressing us to take a united step towards spiritually empowering Bharat. Looking forward to having you join us in laying the foundation of this transformed vision of 'One World, One Family!'

Maitri Mahotsav

Global Maitri Festival

27th December 2023

2:00 PM to 7:00 PM

Cidco Convention Center,
Vashi, Navi Mumbai

Food for the Soul
Hearth to Heart 05

Health And Wellness
The Healing Power of Voice 09



MaitriBodh

Nature & Environment
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Tales of Transformation 16

dear Loved Ones,

Warm Greetings of the season!

It is festivity time as we celebrate Navratri, Diwali, Hanukkah, Thanksgiving and Christmas in the remaining four months of this year. Celebrations form an important aspect of our lives since they remind us to be grateful for the simple and little things in our lives. They help us come together as a community and re-ignite the spirit of brotherhood by teaching us to share, care and love one another. Some festivals are celebrated to commemorate the victory of good over evil, some celebrate the journey of moving from darkness to the light while some are simply celebrated to offer gratitude and love to Mother Earth for the limitless and unconditional bounty that we receive from her.

Let us foster the act of giving and sharing this season. Let us also pray that the Grace and Love of the Divine reaches all beings of the world and grants intellect for peace and harmony in the world.

In this edition, under 'Pearls of Wisdom' we share with you answers from Maitreya Dadashreeji to

seekers' questions about the Shaktipeeth at ShantiKshetra Premgiri Ashram, Karjat.

Inside, we bring to you interesting life transforming experiences and reads that will enrich you and help you move ahead in your journey of inner growth.

Wishing everyone happy tidings and safe travels this season. Happy Deepawali, Hanukkah, Thanksgiving, and a Merry Christmas to all!

Stay safe and
spread Love!



*With Love & Light,
Team Maitri Anahita*

Heartfelt gratitude to

Mitra Bikram Singh Boparai, Mitra Mohan Kant, Mitra Vatsal, Mitra Samyak, Maitreyi Shalaka and Maitreyi Sulata for their invaluable contribution to Maitri Anahita.

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

Email your questions to anahita@maitribodh.org

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

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

Pranam Dadashreeji. Dadashreeji, when I come to our ashram, go to Shakti Peetham, and meet Adi Shakti MahaKali Maa, then I feel an amazing bliss, love, and I am filled with energy. I have been to so many places but the feeling I get here, the experience I get here, is nowhere else. What is there in this Peetham?

Dadashreeji:

Thank you. The place where Maa resides in the ashram, is called the ShaktiPeetham. The form of Maa that you have seen here as MahaKali is also present in many parts in our country, but here, Maa is the form of Love; the one whom we know as Adi Shakti, Premgiri, MahaKali. She is filled with Love. Maa Kali is here in the form of Love, Bliss and Grace. When we hear about Maa Kali's form in different places, we hear of the 'rudra' form, meaning in anger, the one who is violent, or who kills demons, or as the one who stepped on the body of her husband Lord Shiva. But hearing about Her and experiencing Her are very different. When you really experience Maa, you experience Love.

The nature of God is Love. God does not get angry. People have been made to fear God, they have become God fearing. They say that if you don't do this God will get angry. People act out of fear. But if God is angry, then there is no meaning in living. So, how afraid will a person be? God has not sent you here to experience fear, you are here to experience Love. People say that, if you don't do this God will be angry with you. Fear God's anger. None of this is correct. People create confusion in the name of God. They make their own stories. One tells another,

another tells the third, the third tells the fourth and everyone gets trapped. So, the form of Maa Kali is completely that of Love.

The MaitriBodh Parivaar is also all Love. It is made of Love. It is made for Love. And it spreads

Love. The centre here is the ShaktiPeeth.

It is the place where Shakti resides. There are many ShaktiPeeths all over the country. And here is a ShaktiPeeth too, where the Mother is present. When you all take darshan, you also experience it.

She came into my life, so did Baba ji, and after Their entry in my life, I saw a lot, I understood a lot of things. But I never saw Her as a Goddess. I have always seen Her as a Mother and She lives in the form of a Mother. It is not a temple, but a home for our Mother. There is everything for Her in that home. For you, it can be a temple, but it is the home of our Mother. In Marathi, we call Her "Aai". We worship Her and do whatever best we can as per our ability and hence that doesn't make Her angry. How can your mother be angry with you? When you see Her in the form of a Devi, it becomes different. Then you have to follow the system of worship and other rituals and that is when, if there is a problem, people ask me for help. They also ask, "Dadashreeji, Mother is the form of Shakti and even though She is Your Mother it is a big deal to take care of that Shakti." But, who can take care of a Mother? It is only a son who can take care of His Mother and that is why She lives so comfortably here. She gives blessings to everyone with Love. So, now, the Mother is told to love everyone, to give everyone Grace. So, She loves everyone. It is Her

Pearls of Wisdom

nature. She is 'phalhaari' (fruitarian). So, when we see the Mother's form here, it is truly the form of Maa.

You will see many forms outside, and there can be many different forms; but this is Her true form. Many people use Her in tantra vidya, for wrong practices but Mother doesn't like it and you are troubling your Mother. You too have a mother at home. How much work will you make your mother do? Think about your mother. How much will you make her run? You go to your cupboard and don't find something that you are searching for but your mother finds it in 2 seconds and gives it to you. How much will you and the people around trouble her? So, we make our Mother rest here. "They trouble you outside Maa. So You rest here. Enjoy this ashram." So, She lives very well here and She only loves.

When people come, they experience the same Love. It is this Love that I received from Her, which reaches you and through you it will reach many more people, only then will the world, the entire Nature be filled with Love. This transformation that is taking place in the country and throughout the world will not be possible without the presence of Maa. We cannot move ahead without 'Shakti'. I cannot move ahead without Shakti and probably you will also not be able to move without Her. It is difficult to function without Shakti. So, She is the form of a Mother where we see Her with Love, worship Her with Love, and you have to see her as a son,

as a child does and not in the form of a Goddess. Like, when you come during Navratri, then you have to do the proper 'anushtan' (ritual). So, during Navratri, She is worshipped as the form of a goddess. But now, when She is here, She is at her home. She rests, sits and roams around.

Many of you might have seen Baba ji, Maa Kali, Divine Light Dadashreeji roaming around in the ashram. Many people have seen Shiv ji and wonder what is He doing here roaming around like this. People have many such experiences when they come here. When they achieve a spiritual state, they see many things. Similarly, Maa is here. Though She is Shakti, but She is made of Prem (Love) and for Prem. And the same Grace is flowing to all of you. So, that feeling of gratitude and respect should be within you not just for Maa but for all the Divine forms present here. That gratitude and respect should be there. All of you who are present here are fortunate that you are here in the presence of the Mother. Since She is here, you all are protected and can be here. When the energy of the universe is here you don't need to worry. Live carefree and with Love.

*Live carefree and with Love.
The only rule is that you live with Love.*

Love and Blessings,

Maitreya Dadashreeji 

PS: This message was shared by Maitreya Dadashreeji with a group of devotees at the ShantiKshetra Premgiri Ashram in August, 2023.

**More about Dadashreeji,
click here:**



Parenting: Love or pampering?



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.

♥ Let children explore and experience life by guiding them.

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

Dear friends, Warm greetings in the love and light of the Divine!

The confusion

Being a mother myself, I have witnessed parents take a particular approach to parenting, making statements like, "my child does not like to be told anything", "he is my only child and he is too precious", "we do not ask our child to conform to any rules as we believe in bringing up the child in an atmosphere of total freedom," "we like to fulfill our children's desires as we never had the means when we were young", "childhood is the only time when they can

have it all", and such other statements reflecting this particular approach to parenting.

It breaks their heart to see their child get upset whether it's over a toy, a gift, studies, or peer behavior in certain situations. Modern-day parents often dislike even teachers being strict or setting a boundary in consonance with the school's rules and regulations. For them teachers are not supposed to say anything which may upset their child.

Giving in, giving up?

So, if the child is making continuous demands or



Heart-to-heart

throwing a fuss, be it for toys and dresses, or is being a picky eater, they may choose to overlook it in the belief of allowing for space and freedom for the child to explore and experience life in its fullest. While there is validity in that outlook, it must be remembered that a balanced bringing-up and continuous guidance is required to manage varied emotions of our little, bright, beautiful and curious souls experiencing life on Earth.

In other words, we may need better awareness in not letting love spill over into pampering. Pampering our children in the name of love is a pitfall parents may fall into wherein everything is offered to the children on a silver platter. Things like expensive birthday parties creates an expectation in the children of getting expensive gifts, showing off wealth and possessions, as opposed to sharing goodness, gratitude and humility. While the parents' endeavor may be to prevent their children from experiencing unhappiness and struggle, this actually impairs the child's ability to cope with challenges that life may offer. . Over protecting casts a long shadow over the child and he or she is unable to come to terms with the challenges that life throws up and have difficulty in following social norms and respecting societal boundaries; such children may not develop the belief and confidence of handling the challenges and equally the joys of life.

The easy way out

It is perhaps a curse of modern family life that the child's complaint of boredom is resolved with an offer of usage of an electronic device as a distraction and ready escape from boredom with routine life. Compared to virtual reality, everyday life is



Heart-to-Heart

considered boring, and we drown the children in the world of virtual reality leaving them with no skill to deal with the natural environment. Children are meant to play in an unstructured natural environment. But we prefer to take them for a movie in a multiplex, or for video games in a mall, not realizing the sensory imbalances it creates for a lifetime. We can help children develop the skill to deal with the real world by engaging them in mundane tasks like tidying up their room, toys, or help in the kitchen, etc. Such tasks may seem monotonous work but it helps train the mind in performing the routine tasks in adult life. Letting the child staying engaged with technology creates resistance in the child in development of essential skills such as writing, with the child finding such learning tedious and boring.

Pampering is often the outcome of the parents preoccupation with daily life as it offers the parents an easy way out. But this denies children the opportunity to become confident, reliable young people.

Balancing the act of Parenting

While saying “no” too much may breed resentment or plant seeds for future rebellion, there are always better ways to discipline or deny our children something which may lead to detrimental behaviour.

It is best to let children explore and experience life by guiding them, acknowledging them, giving feedback in a positive manner, allowing them to fall and learn, and being there for them in their failures. Failure teaches and when it is in a protective environment helps both child and parent. This will help them develop the resilience muscle. While pampering involves doing things for them, love is being there for them while they do it themselves.



Let us burst the bubble of pampering and allow our children to experience life under the umbrella of unconditional love.

Merge the loving experience and wisdom of our Divine with the curious and explorative instinct of their Inner Divine as together we grow and transform into beautiful families! Children brought up thus are given every opportunity to reach their highest, for there is nothing higher than love!

Grow by Asking

In this column we bring to you answers based on the practical, modern-day teachings and guidance of Maitreya Dadashreeji

Question: At what point in time will I experience some sort of transformation? What are the clues to understand that I am on right path? I am doing my regular Maitri Sambodh Dhyaan for two months but I haven't experienced the love that everybody in the MaitriBodh Parivaar talks about !!

Dear Friend,

Thank you for the question.

Transformation is a journey. It is a gradual and subtle process. On the path of transformation when you have to measure your growth always measure it in retrospect to see your own version of before and after rather than comparing your growth with others. Every individual's journey is different, their growth is different, their experiences are different. Some may have profound experiences, some may have Suttle experiences, someone's experiences may be astral, someone's experiences may be practical. You need to focus on seeing if you are becoming a better individual. How are you responding to the same situation before and how are you responding to it now. You can also gage by whether you are liking the person you are becoming, are you feeling free from inside?

A few simple clues for you to understand that the process has started for you, are:

- Things that disturbed you strongly earlier, may not disturb you for very long or with the same intensity.
- You may see yourself becoming more flexible in your way of thinking.
- You may be able to see yourself being able to let go.
- You may experience that you are able to see the other person's perspective.

These are just some of the simple signs.

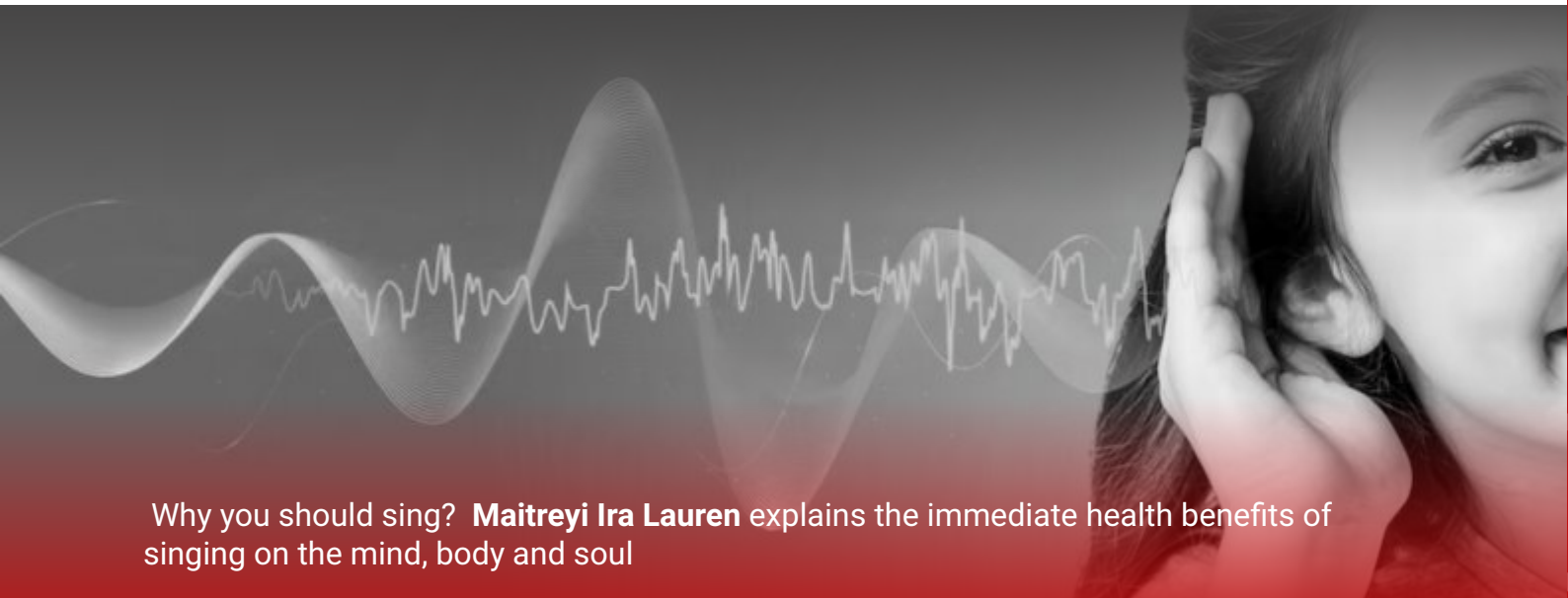
Transformation is a journey towards becoming a better and simpler human being.

Be patient and be consistent.

Keep talking to your Inner Divine. Communicate with your Divine Light, slowly yet surely with Dadashreeji's Grace, you will experience Love flowering in your heart.

Wishing you best of Grace!

The Healing Power of Voice



Why you should sing? **Maitreyi Ira Lauren** explains the immediate health benefits of singing on the mind, body and soul

Healing through singing is an ancient practice and is found in the Sufi tradition, Sanskrit mantras, with the Aborigines, the Maori in Hawaii, and in many other cultures.

Singing therapy can be used equally for physical and psychological problems. The transforming power of voice can be harnessed to alleviate suffering at the physiological, mental, and

emotional level.

Research from the Queensland Conservatorium Research Center at Griffith University in Australia showed that the lung function, motor skills and the mental state of patients suffering from Parkinsons improved significantly after group singing therapy.



Research convincingly shows that vibrations of the voice slow down the pulse rate, stabilize blood pressure, deepen the breath. Singing can improve our cognitive function, increase creativity and imagination; it can slow down age-

Maitreyi Ira Lauren

Maitreyi Ira, certified Ashtanga Vinyasa Yoga teacher from Vienna/Austria, has been teaching since 2003. She loves to pass on her experiences to people who are ready to change, in every aspect of their being. The breath plays a major role in this, breath = consciousness. Maitreyi Ira believes that when breath and movement are in harmony, it leads us to a place that may have remained hidden from us until then, the essence of our life.

Traditional Remedies & Integrated Medicine

related memory loss and can even help fight addictions.

In music therapy, parents of premature babies are advised, among other things, to sing in front of the incubator. Thereby, many premature babies can go home earlier!

Singing therapy has progressed so far in classical medicine that there are even 'singing hospitals' in which singing is actively offered to support the recovery process.

There is scientific evidence of positive effects of the same in cancer patients, people suffering from post-traumatic stress disorder (PTSD), depression and other mental illnesses.

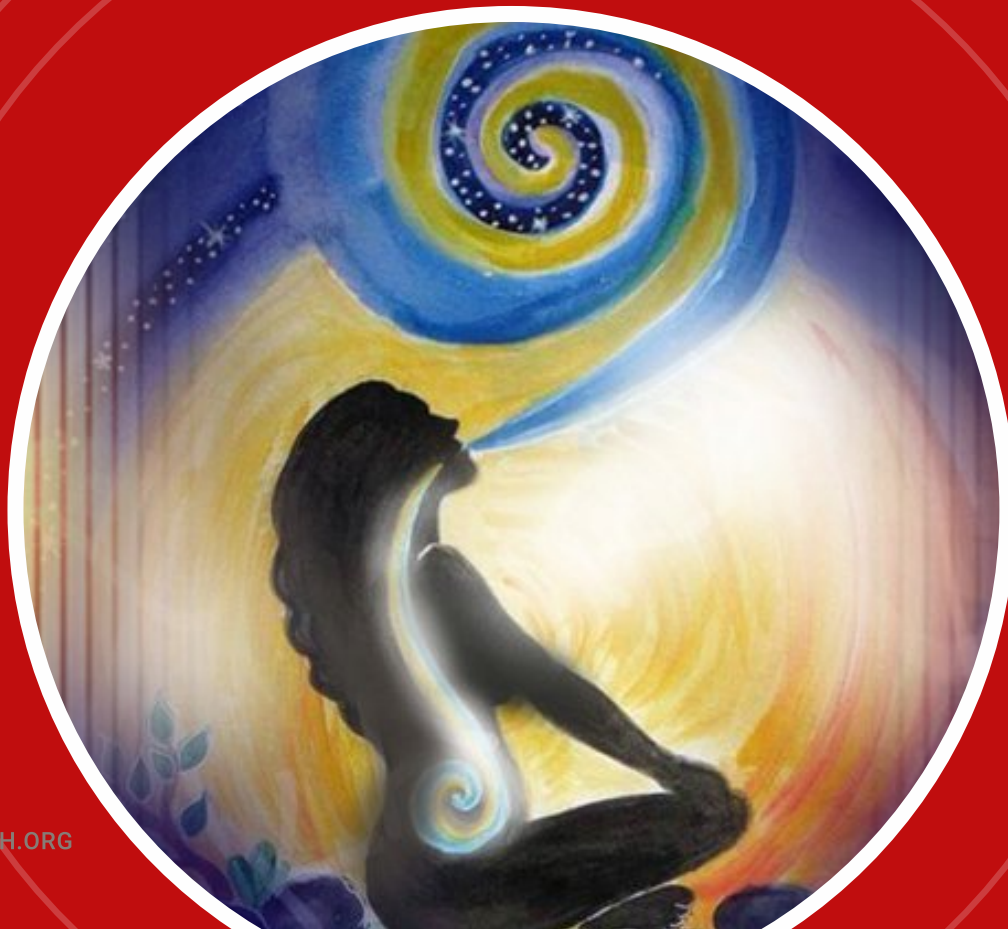
Music therapy treatments have also been used successfully in palliative care wards for over 30 years.

Sing the blues away!
The musicologist Gunter

Kreutz, professor at the University of Oldenburg (Germany), examined along with psychologists and physicians the impact of singing on stress level and mood. In their study, the scientists examined the effect of a choir rehearsal on mood, the immune system, and the release of stress hormones. Active singing was compared to merely passively listening to music. Singers from a church choir took part in the study on the effects of singing. Before the choir rehearsal, the subjects filled out a questionnaire about their current emotional state and gave a saliva sample. The same after choir rehearsal. The result: After the choir rehearsal, the number of immunoglobulins A – proteins that are a part of the immune system – had risen sharply. If the subjects only listened to the piece of music they had previously rehearsed, the proportion of immunoglobulins remained unchanged. The concentration

of the stress hormone cortisol decreased after singing and after listening, but the decrease was greater after singing. According to questionnaires, the mood among the choir members was significantly better after singing than after just listening to the piece of music. In addition to the reduction of the stress hormone, happy hormones such as endorphin and adrenaline are released when singing and the 'cuddling hormone' oxytocin is produced, according to the results of the study. That is why many singers feel happier and more balanced after a rehearsal. Choir singing especially triggers a strong sense of community.

In summary, it can be said that singing therapy plays out in the space between body, mind and soul. The voice represents a bridge between the internal and external state and serves as a messenger of the soul.



Let's go Vegan!



Prep time: 10 minutes

Cook time: 5 minutes

Ingredients (for 2 sandwiches)

- 4 tsp plant yogurt (plain, unsweetened)
- 2 tsp Onions finely chopped
- 2 tsp Capsicum / Green bell peppers finely chopped
- 2 tsp Coriander / Cilantro finely chopped
- 1/2 tsp Garam masala or Chaat Masala
- Salt as per taste
- 2 tsp Vegan Butter / Oil
- 4 slices of any bread of your liking.

Preparation

Mix plant yogurt, onions, capsicum, coriander, garam masala or chaat masala and salt in a bowl.

Veganism has emerged as a powerful movement that goes beyond personal dietary choices and encompasses ethical, environmental, and health concerns. As we celebrate World Vegan Day on 1st November, we share below recipe ideas received from our Parivaar members - **Mitra Vallabh and Maitreyi Suman** that feature the versatility of plant-based, whole food eating. The change from an unrestricted diet can seem daunting, but there are many simple, tasty, and nutritious ways to pack a vegan diet with key vitamins and minerals!

Plant-based Yogurt Sandwich (using Oats/Almonds/Coconut)

Apply half quantity on 1 slice of bread and cover with another slice of bread.

Repeat for remaining 2 slices of bread.

Add vegan butter / oil to hot pan and place the sandwiches in that.

Apply vegan butter / oil on top of the bread slices.

After 1 minute, or when the bread turns brown flip the sandwiches and cook the other side for another minute.

Remove from pan, cut into pieces and enjoy with a sauce of your liking.

You may use any Hot and Sweet Tomato Ketchup (I use Maggi).

Nutritive value per sandwich

With Oat milk yogurt: Energy 310 calories, Carbohydrates: 25gm, Fats: 17 gm, Protein: 14 gm.

With Almond milk yogurt: Energy 350 calories, Carbohydrates: 32gm, Fats: 20 gm, Protein: 12 gm.

With Coconut milk yogurt: Energy 320 calories. Carbohydrates: 30gm Fats: 19 gm. Protein: 8gm

Mitra Vallabh

Pots 'n' Pans

Chia seeds – 8 to 10 tbsp
Instant rolled oats - 3 to 4 tbsp
Fox nuts – 8 to 10 pieces

Ingredients to make Almond milk

- Almonds - 3/4th cup
- Poppy seeds - 2tbsp (optional)
- Kesar - 2/3 threads or a pinch of turmeric powder
- Cardamom / cinnamon powder
- Juicy fruit of your choice - 1
- Strawberries x 8 to 9 pcs/ Apple x 1/
Pineapple x 3 slices/Mango x 1 pc – sliced or cubed
- Sweetener of your choice – few drops of
Maple syrup/ jaggery powder/ unprocessed sugar
- Peanut butter – 1 tbsp (optional)

Preparation

1. Wash and soak almonds and poppy seeds (if using) in water overnight.
2. Soak chia seeds, fox nuts and oats overnight in water.
3. Next morning, drain the water and peel the almonds. For convenience, soak the poppy seeds separately.
3. In the blender, add the peeled almonds and poppy seeds with a little water and make a fine paste.
4. Strain the mix using enough water to make 2 cups.
This milk can be stored for a day in a closed container in the refrigerator.
6. Add flavour of your choice - a pinch of cardamom/ pinch of cinnamon/ vanilla extract
7. Add kesar threads or a pinch of turmeric powder.

Chia Oats Pudding



Pots 'n' Pans



Fruit Sauce

1. In a pan on medium heat, add a little water, enough to wet the surface; add sliced or cubed fruit.
2. Add a pinch of flavour of your choice.
3. Let it cook for 5 minutes and switch off the flame. The fruit should be just soft and not mushy. Let it rest for another 5 minutes.

Layering the pudding

1. In a bowl, add soaked chia seeds, fox nuts, oats, and almond milk. Blend a little.
 2. Add a few drops of maple syrup/ half tsp of unprocessed sugar or jaggery powder. Mix well.
 3. Add the fruit sauce.
 4. Add chopped fruit of your choice. Try using the same fruit as used in the sauce.
 5. Top it with sliced almonds/ pine nuts/ raisins/ cornflakes and a small scoop of peanut butter.
- The almond meal left over after straining the almond milk can be used as thickening agent in the curries or knead it in the dough.

Can be used in cookies or a tea cake also.

Enjoy this easy to make and easy to digest pudding as a fulfilling breakfast or an evening snack for a quick energy boost.

Nutrition fact - Chia seeds are known to help with bloating issue and aid hydration and digestion.

Almond milk is gentle on the gut and is naturally fortified with vitamins to aid immunity.

Oats are a good fibre source.

Using a fruit in the recipe helps better digestion.

Maitreyi Suman

Lotus Silk

Rising from muddy waters the pristine lotus is often viewed as a symbol of purity and divinity. But its beauty isn't only skin-deep as it finds application in diverse fields ranging from medicine to textiles, writes **Maitreyi Suman**



Maitreyi Suman

It's not just the beauty of the lotus that places it high in status in mythological text, the flower is equally loved and revered for the qualities it symbolises. Blooming serenely in muddy waters, the lotus is an epitome of purity and grace. Apart from its spiritual significance, it is also used as a medicinal, dietary, and ornamental plant. Ayurveda, Chinese and Egyptian medicines are known to use lotus leaves, petals, stem, and seeds to cure blood sugar, indigestion, bleeding, obesity, skin inflammation, etc.

Not to forget the kitchens of India and south-east Asian neighbours using it to whip up exotic delicacies. Famous Kamal kakdi or nadru, as called in Kashmiri, lotus seeds, our very own foxnuts and lotus tea are few examples of its culinary usage.

How it began

The lotus flower has innumerable benefits with another modern-day addition to that list. Now we can wear the lotus, not just as a garland but as a garment as well. Invented by a lady in Myanmar in 1900s, the first lotus silk fabric, a



robe, was made as an offering to the local monastery. Being labour intensive and a time-consuming process, weaving lotus silk fabric is an expensive proposition and hence has not found wide usage.

Bijayshanti Tongbram lives in a small village near the Loktak Lake, Manipur, the largest freshwater lake in the region. The lake is filled with thousands of blooming lotuses that are being harvested for decades. A botany student, Bijayshanti became fascinated with versatile usage of the flower that grew in plenty around her. It was a short course with Ministry of Micro, Small and Medium Enterprises in entrepreneurship that set the ball rolling.

Making of the yarn

Bijayshanti's interest in the flower, her studies in plant life and the course in entrepreneur-



ship, all came together to trigger her passion. Using thrown away lotus stems, she started putting her research and knowledge into use. The rare skill required hard work and perseverance and soon she was able to create the yarn from the stem. Bijayshanti creates the fibre using soft and wet lotus stems. The sticky glue-like extract that comes from snipping the stem is rolled into threads on a wet table and then dried in the sun for few days and later, hand spun into yarns.

This hand spun fibre is glossy but delicate and hence can currently be woven only on traditional bamboo loom. The lotus silk yarn looks like wild silk, commonly known as tussar silk and is weather friendly. It's cool in summers and warm in winters making it an ideal companion.

Bijayshanti, having trained about fifty-odd women in and around her village, is currently making scarves and neckties using vegetable dyes. Encouraged by the of support from her family and community as well as acknowledgement by the Prime Minister, she plans to experiment and create more products.

Sustainability is a choice for living in synchronicity with Mother Nature and the abundance she blesses us with!



Maitreya Dadashreeji's guidance shaping everyday life of His devotees

Ahmed Malik

This month Maitreyi Jagruti shares with us the Metamorphosis of Ahmed Malik from Dubai.

Ahmed Malik, an ethnic Sudanese, was born and raised in Dubai. He works in a PR and Communications firm, and also serves government and semi-government clients in terms of communication consulting and so forth. The eldest in the family and a breadwinner, he espouses unity, love, and joy in life.

Ahmed ji, I'm excited to speak with you today! Of course, the first question is about your introduction to the MaitriBodh Parivaar and how you met the Maitreya?

I ran into a dear friend, with whom I had lost touch. We met at a party and while catching up, I was surprised to see an image of a 'person' on her phone. So, I asked her, who's

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.

image that was and she replied that was someone she really loved. She called the image 'Divine Light' and the 'person' in it as Maitreya Dadashreeji. I found that interesting.

Then, a week from that meeting, something disturbing happened with me. I called her to help me with my issue. She suggested that I should go to a centre with her and attend a session on spiritual learning. I was hesitant, wondering

what kind of lessons would these be?

She explained that they were about life, love, and that she was sure I would find them helpful. So, I went to the centre to attend Bodh-I. I was surprised with the love in the centre, the energy. You know, life in Dubai is corporate driven, it's all about big offices and tall towers, where the energy is really disruptive. But when I went to the centre met all the people and experienced

Tales of Transformation

their love and ready smiles. They don't know you, but they are very welcoming. There was something different about this placed gathering that I had to explore. That 'something different,' I realized, was love! Love attracted me to explore the MaitriBodh Parivaar in greater detail.

What was the impact of Bodh I on you?

After Both I, I called my friend and said I was already a transformed being. I felt so light, like a feather. I can't say that I'm not going through challenges, but the most important part is that my consciousness has expanded beyond the previous limited perspective. I know how to navigate through challenges. I know that the challenge is a phase. Earlier, faced with a challenge, I would just surrender and lose hope. But now, it's all about hope, positivity, faith, resilience, and love.

Before your introduction to the MaitriBodh Parivaar, what kind of connection did you have to a Divine source, or something greater than yourself?

To be honest with you, it was not constant, and I feared God. For example, I used to drink back in the day. After I drank, I would feel guilt and that God would punish me. But upon joining the MaitriBodh Parivaar, I realised that our connection

or relationship with the Divine should be different. It's not about punishment. The Divine is the source of Love. It is human to make mistakes and one should not live in fear of punishment from God. You should love the Divine and you should make choices based on love, not fear. So, there is a reform in the way I think and the basis of my relationship with the Divine, you see.

I understand that moving from fear to love, there is a different kind of trust, and openness. How did your journey proceed after participating in Bodh I?

I had many blocks and somehow I have been able to eliminate them one by one. For example, I used to work in a toxic environment. I had to get out of that environment of jealousy and hatred immediately. There were people who used to hate me, that I thought loved me. Previously, I was not discerning but now I understand life better and who should be with me in my journey. I decided to filter people from my life, and that's the most important step I took.

What happened next through this connect?

What happened is the realisation of what was good for me, you see? And, to date, I would choose my meditation over anything else. It really helped me navigate or manoeuvre through many challenges. I

still face challenges but that doesn't mean that whatever that I'm doing is not helping. I treat situations as just a phase, and I'm still smiling [laughs]. That is so because I have faith that it will be resolved. The love of the people at MaitriBodh Parivaar is the driving force. A lot is possible because of the people and the teachings.

Dadashreeji enables a deep connection with your Inner Divine – how is that for you?

Earlier, I didn't believe in the power of the Divine Light (image of Dadashreeji). It's natural because I belong to a different school of thought and these were basically a new set of teachings, mixed with a few rituals, so one has to have an open mind in order to understand what this is. So, I had many questions about the Divine Light. Like, how can one establish a partnership between God and a human being [laughs]?

When I had the chance to speak to Dada's disciples, they encouraged me to have a dialogue with the Divine Light and go with the experience thereof. I did that and though I did not get the chance to meet Dada in person, He spoke to me a few times, I could hear Him through the Divine Light and we had a dialogue!

Now I take the Divine Light even to our meetings. Like, I invite Him to my meetings and He takes control of that

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meeting as well as any negativity that may be present among my co-workers. I invite Him to my work. I say, Dada, I am working on this tough assignment, and I really want your help.

So, do you take a physical Divine Light where you go, or is it that from your heart you invite Dada?

Yeah, yeah. Yeah, yeah. I take the physical Divine Light, I put it in my blazer and keep Him with me.

You did mention that you were born into a different ideology which looks at God differently. So, how has this journey been for you? Was there any resistance?

Not at all. I think, to me, the teachings of Dadashreeji are essentially a reformed framework. He teaches you how to understand God or the Divine better. He teaches about the need to establish a connection with the Divine. It is all about your connection with the Divine, you see? I don't think there is any sort of resistance, not at all.

I am not living with my family, but they know about my journey. They know that I was introduced to Dadashreeji, right after the passing of my father two years ago. And it really helped me deal with that difficult period.

You mentioned that you have not physically met Dadashreeji but that He has spoken to you. Can you share a little more

about that?

Of course, of course. So, I had a breakdown at work and it was a very taxing experience. Then I came back home, strongly felt that I had to pray, and then speak to Dadashreeji. I spoke to Dadashreeji. I spoke about my weaknesses, and why was I weak? How should I embrace my weakness to become stronger? I told Him, talk to me! And I was angry. Talk to me, talk to me, talk to me! Nothing happened. Then I thought of doing Maitri Sambodh Dhyaan. At the end of it He appeared. He smiled, and said, 'I will take care of you.' That is it, nothing much. Since then, things are perfect. I go through many challenges with my co-workers involving being judged, etc. But I do not get affected, I just care about myself, I care for the fact that I love life, I love myself, and I love people. Even my detrac-



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tors, I love them. I love them because they are a creation of God. I love them because they are the creation of the Divine. When I deal with any human being, it means that I deal with the Divine. So, when I deal with the Divine, I must deal with love and respect.

Dadashreeji says that when we connect with the Divine or with Dadashreeji, we get a better sense of our life purpose. Have you got any clarity on that?

Life purpose. Well, I am still... I am still trying to figure this out. I can see it, but I can't define it.

And, if you see it, what kind of an image do you see?

I see change. I see transformation. I see peace. I can't deny that right now I am not experiencing peace at all. But I must go through this phase to experience true happiness and a transformed self. I have faith and this has further increased my perseverance.

It seems you have a true friend you can count on.

Yes, absolutely, absolutely [laughs].

And, which of Maitreya's words or teachings stay with you, or have opened you up?

It is not a quote, it's the vision – 'One world, One family, One truth'. This vision illustrates a lot of things. Sometimes I really think about Him. I envy His capability to produce all these beautiful thoughts. Imagine a thought, just one thought can change the whole globe. This is beyond our thinking capabilities. I want to reach that level. I want to explore this state of mind, you know! But I think, I must take baby steps to reach that level.

Maybe right now you think it's baby steps, but would you be willing to imagine that? If you imagine that, then what is happening around you? What is happening in the world?

Oh, I haven't asked myself this question. I think I will emulate the footsteps of Dadashreeji. I am thinking about love. Love is a very powerful weapon. I am just imagining love, that's all.

The youth of today are more sensitive than it has been for the past couple of generations. This makes them more vulnerable. You belong to that band of people. What would be your message to the young people who are reading this?

My message is that establish a connection with the Divine that is rooted in love. Love people around you. Not only for the sake of humanity, for the sake of Divinity. Hate, or hatred, does not exist. We must make the soul our driving force, not so much the mind. The moment that you realise that, significant change for the better will surely take place.



Manisha Mahimkar



Having attended the Bodh series of programs I have no words to describe the unconditional love and Grace that Dada has showered on us; equally. I recently attended Bodh IV and truly appreciate the love and patience with which the conductors conducted the session and how selflessly the sevaks took care of us.

The group energies were also amazing. The knowledge was imparted in a simple manner even as the processes were so deep and intense that I am able to witness the transformation within.

Today I feel most fortunate, for the Divine Himself has removed my deep-rooted pains and healed my soul. I am totally free now.

"I DON'T DO, HE DOES"- these words have created understanding of true surrender. I am left with nothing to ask for. Love you so much, Dada!

Bodh IV

Heal the Soul

By the immense grace of Dadashreeji, I had the opportunity to attend BODH IV earlier this year. Here is a brief account of what transpired thereafter and the magic of Grace in my life.

The last year or so was rather rough for me on the personal front. My performance at work was getting affected negatively and after a certain point, there was complete stagnation, and then the downfall began. The most basic tasks seemed overwhelming and I would be blank in the head for months together. I felt that my cognitive abilities being impaired and that made work seem unmanageable and unfathomable. I started to think it was time to quit. While I was unable to function in my daily routine life, to the world I seemed normal, maybe just overworked. Brief periods of downtime over weekends or even mini vacations did not improve the situation.

Every day I sat with my DADA and wailed, not knowing what the problem was and desperately seeking help, I wasn't able to get any resolution. The days got darker, but I continued my ardent prayers to my Divine Light seeking some hope in all the darkness. I thought that I could be suffering from some physical or psychological

disorder and must seek medical help.

Amid all this, I knew, come what may I must attend the next Bodh IV. Now understand how the heart knows the way. The resolution to my problems lay there.

Just as it is for all, Bodh IV – Heal the Soul brought with it many beautiful experiences. After one of the sessions, I finally decided to share my ordeal with the Maitreyi who was conducting the session and seek direction. My request being, "I think I need to approach a medical professional for my issues, but before that I seek guidance to know what's happening with me."

Well, this was step one, Dada made me "EXPRESS," something that I should have done much earlier but was holding back for reasons unknown. After a patient listening to my long narrative, I was advised certain practices to help me with my situation post which we could review the steps ahead. I must clarify here that spiritual processes, sadhana or guidance can never replace medical advice or treatment, however in my specific case, I did seem to have some unknown blocks that were causing me the

problems I was facing.

Under Dada's guidance I was given a specific sadhana to undertake for the next few days. I was very diligent and followed the instructions to the 'T'. Yet I felt no change. My daily ramble to my Divine Light continued. During the sadhana period, I had the opportunity to offer physical seva in one of the Bodh sessions held in the city. It was here again that I met my mentor Maitreyi. She kindly asked me how I was doing, and I truthfully told her, "Same, no change!" She smiled warmly and assured me that it would get better, and it most definitely did within the next hour or so!

During the Bodh session, as advised to all sevaks, I too was in continuous prayers for participants during the Shaktipravaah process. It was during these moments that I had a most profound experience of the Bodh IV sutra.

As I sat in complete surrender to the process happening around me for all the participants that day, I could feel Dadashreeji's presence as He said to me, "Just watch what is happening with you. I will manage everything." I did not quite understand what had happened, but my heart was full of joy and tears of gratitude

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just flowed relentlessly. It felt as though a heavy burden was just lifted off me!

Overnight, something shifted positively. The following day I was unwell and was forced to take the day off at work and take rest. As I see it now, this was the process of "purging the blocks."

The next few days, I wasn't as blank as I was earlier. Slowly I was getting back to normalcy and my efficiency and energy levels were getting better. My cognitive abilities too returned to normalcy. I was elated. Yes, I do continue to have difficult days at work, but since 'He' has officially taken over, I don't need to worry about myself anymore. I now understand the gravity of 'that' moment. What a beautiful experience it was!

I excitedly communicated this with my mentor and she was very happy to know of my experience.

From a state of 'scared of going to work, giving up, feeling defeated and lost,' I now feel empowered to face my work challenges. I understand that not every challenge will have a positive outcome and that things can go wrong but knowing that 'He' is by my side, taking it on before it reaches me, is such a solace. Every time I know it is going to be a rough day at work, I remind my Divine Light, "Dada, you need to manage the tasks today and we need to get through it." While I know I don't need to remind Him, it just feels better expressing and communicating with Him. What an exhilarating and comforting feeling it is, knowing that "I have a DIVINE FRIEND" whose prime objective is my welfare and growth!

As gratitude to Dadashreeji for allowing me to experience Him and live in His Grace, I am sharing this experience for all my fellow seekers. Bodh IV is truly an accelerator to one's journey in ways we cannot comprehend. I'm sure a lot more has changed for me, it is just that I am not capable of understanding that right now, but He knows what I ought to understand and when, and so I leave it all to His Divine Will.

How blessed we are to have Dadashreeji by our side in every moment to help us along in our journey. My koti koti pranaams at His lotus feet. Lots of love and gratitude to my mentor Maitreyi and also to my MBP members, the mitras and maitreyis who are always there for us.

Jai Dada!

Anonymous





Deborah Corbett

Bodh V

Empower the Self

It was with Divine Grace that I was going to the ashram for Bodh V, having received help from many quarters to enable my participation.

In the serene atmosphere of ShantiKshetra Premgiri Ashram, I thrilled to the universal wisdom we obtained from Maitreya Dadashreeji, as well as the thought-provoking interaction with other Parivaar members. Accommodations were graciously provided which enabled the participants to fully focus on drawing full benefit from the program.

In the course of the event, some participants were struck down by an illness, me being among those affected. Understanding that this could have happened to anyone, I sought relief from the illness through my connection and communication with the Divine; that was the medicine to heal me of the illness. This was a profound learning for me, as Bodh V focuses on empowering the self.

Returning home, I began my Bodh-V sadhana on a nightly basis. Still enveloped in the Grace of a heightened consciousness, my early practice was illuminating and liberating to a degree I had never experienced. An early 'aha' moment happened when a thought whizzed by during meditation, with fear about when the next experience of 'not good enough' would happen. Observing the emotion to understand the trigger behind the fear, I saw anger about arbitrary rules dismissive of true emotions and needs. Then, in the silence of the ultimate truth that was eventually revealed, I found peace as I felt released from questions which had always plagued me.

Thank you from the bottom of my heart, Maitreya Dadashreeji, and Maitribodh Parivaar



Sabine Muehle

Since my meeting with Him in 2015, Maitreya Dadashreeji's love and guidance has made my life meaningful and filled me with a strong desire for transformation of the Self and to share the message of Love and Transformation with humanity in general. Participating in the most powerful and sacred Bodh series of programs, I feel greatly supported in my effort to align with my true nature within, to experience the purpose of my life and to empower the Self to reach its highest. This process has only accelerated with Bodh V – Empower the Self. Words will never be adequate to express my gratitude to the Divine and to this blissful journey I am experiencing.

Thank you, dearest worldwide family of MaitriBodh Parivaar which is tirelessly working for global transformation!



Maitreyi Meredith Smythe

Dadashreeji says, "you are a part of this universe" and asks us to, "go beyond the mind." He took us there in Bodh V – Empower the Self; to peace, silence, and Love, beyond the mind into the universal Love. Through this process we were guided and had the opportunity to go into layers of consciousness, observe our internal blocks, and experience our true essence which is nothing but Love. He made it possible for us to accept ourselves and have compassion for the Self in understanding any blocks or past experiences that came up in this deep cleansing process. I was left in wonder at this most amazing experience.

Thank you so much, Dada! At your lotus feet always.

The Miraculous Escape



Edelmira

I reside on a barren land, devoid of trees, where homes are simple and new settlers are just starting to arrive. One day, as I hung clothes out to dry, a strong wind suddenly blew in. Undeterred, I carried on with my task. However, an unexpected turn of events unfolded when my visiting grandchildren appeared at the window screaming urgently. They warned me of a small tornado heading my way. I froze, feeling a sense of dread wash over me. In that moment, I remembered my Divine Light inside my home. I instinctively placed my hands over my chest, feeling the comforting weight of my blessed Dada maala hanging there. With a deep breath, I closed my eyes and braced myself for whatever was to come. Dada would take care of me. Again, the panicked cries of my grandchildren pierced through my ears, prompting me to reopen my eyes. To my astonishment, the tornado had shifted its course, skirting the boundary of our house instead of striking it head-on. It was as if the wind had a mind of its own. Miraculously, our house remained untouched, but the neighboring house was not as fortunate. The tornado reverted to its original path and ruthlessly tore off the roof of the adjacent house. In a state of disbelief and gratitude, I retreated indoors, my heart filled with a sense of Divine protection.

My grandchildren, wide-eyed and awestruck, witnessed the entire spectacle. The inexplicable sequence of events left us in shock. In that

surreal moment, a profound realization washed over me: I had been shielded by a higher power. It was clear that Dada had intervened to safeguard me. Overwhelmed with gratitude and love for the Divine, I couldn't help but feel my heart fill with emotion. As we gathered inside, the feeling of awe lingered. My grandchildren recounted what they had witnessed, their voices touched with excitement and reverence. The incident left an indelible mark on us, a reminder of the incredible twists that life can bring. Despite the initial terror, the outcome had been evidence of protection beyond our understanding. In that defining moment, I was reminded of the strength that can arise from faith and the unexpected ways in which Divine intervention can shape our lives.

The incident served as a vivid reminder of the power of the Divine in our lives. We take our lives for granted even when we do not know what event will terminate our existence in a single blow. In retrospect, that day held a special significance. It was a reminder that even in the face of seemingly insurmountable challenges, there is an unseen force that watches over us, guiding our steps and protecting us from harm. My heart remained full, forever marked by an experience that reinforced my faith and affirmed the strength of family bonds in the face of the extraordinary and the unknown.

Dada-My Spiritual and Physical Doctor

Aishwarya Konduskar



I have been associated with the MaitriBodh Parivaar and Maitreya Dadashreeji for four years now and our bond has just gotten stronger over time. He has not only been present for me in my good times but, I happen to feel His presence even stronger during the challenging times.

Recently, I had a surgery that I never saw coming, which was a huge deal to me due to my circumstances. I am a 27-year-old living alone in the UK, with my family back in India. I have always been conscious about my food choices and am very careful and cautious in all that I do. Due to this, I have never had to be in a hospital and I am afraid of injections. Hence it was a huge shock when a doctor announced to me on one Saturday evening that they needed to take me into surgery immediately since I was suffering from severe appendicitis. My first reaction to that was NO! I was in so much pain throughout the day that I hadn't called my parents yet, so before the surgery, I had a chance to call my parents for five minutes only. It was midnight in India, although they were shocked, talking to them was reassuring which helped me gather some courage. All I remember after that is, I was being administered anesthesia and I was speaking to Dada, praying to Him to be my surgeon and at the same time praying for Him to completely take over me and that situation. At that point all that mattered to me was that He was with me.

The next day, I was in a private room in the hospital and I had the nicest nurses and doctors anyone could ask for. The day after

that, my surgeon appreciated me more than a few times saying, "You are a very courageous woman". He explained that the pus had spread and getting it out of the system was quite challenging for most people. He mentioned how I was very cooperative and asked me if I remembered the critical instance during the surgery when I cooperated. Suddenly, I saw a flashback where I was surrounded by doctors and nurses, they were all slightly blurred but the only one I could see and hear clearly next to me was Dada. He asked me to throw the infectious liquid (pus) out of me and I followed His instructions. This in reality looked different, while the doctors pumped the infections out of me, all I know is that I followed Dada and He got me through it.

While I was still slightly anxious at the hospital of being without my family, Dada sent me a young doctor, who happened to live in the same building as me in Mumbai and had recently moved to the UK, we instantly connected as it clearly felt like a Divine sign. At that moment Dada reassured me, that even if I am not close to home, He can get home close to me, and all I had to do was to be with Him. Next couple of days I received help from some Parivaar members and my office which made my healing journey extremely simple.

With this, I simply want to share that the only thing that matters and can get you across anything is your bond with your Divine. Remember, your challenges might be big but they can never be bigger than your Divine.



Sakshi Arey

The Divine Blessing

It was Chaitra Navratri and I was in the United Kingdom. I had a dream where my head was on Dada's lap and He was blessing me with his hand on my head. I woke up at my regular time not really realizing what had actually happened. I just randomly called my parents (regular morning calls), and told my mother about this dream. She told me they were at ShantiKshetra Premgiri Ashram around the same time when I had the dream and had got a sacred thread for me during the Havan. I was completely unaware that they were visiting the ashram and everything happened at the same time. I was deeply touched and have complete gratitude and love for Divine Dada.



Divine Light Experiences

Dada - My Secret Santa



Harshal Lone

It so happened that for the past few days my mother did not light the diya (lamp) in front of the Divine Light which is kept in her bedroom. With Mumbai experiencing hot weather my mother had not lit the diya (lamp) for the Divine Light as the ceiling fan would blow it out and she does not know how to operate the air conditioner on swing mode, so she lit an incense stick instead.

A few days later a surprise parcel was delivered to our residence; to our astonishment, it contained a glass cover for the diya, the exact size to fit over the diya kept in front of that Divine Light! To this date we don't know who ordered that diya cover for us. None from the family or friends had ordered it for us. And it was a prepaid delivery! We are humbled and overjoyed at the care Dada takes of every devotee. This experience abundantly demonstrates that He is always there and listening to everyone. Just like a family member He is always there by our side, taking care of us!

Always by my Side!

I always carry my Divine Light with me, securely tucked inside a small bag as I rely on public transportation for my daily commute to work. One day upon returning home, I was jolted by the realization that I had left my bag in one of the minibuses that navigate the bustling streets of Mexico City. Panic gripped me as I grappled with the thought of losing my bag with my Divine Light in it! Overwhelmed by a sense of anticipated loss, tears welled up in my eyes as I pondered the fate of my beloved Dada. What would be His fate in a stranger's hands! I sought solace in my mother who attempted to reassure me that obtaining a new Divine Light was always an option. However, the specter of losing my Divine Light continued to haunt me.

Late that afternoon my mother and I embarked on a brief errand. As we made our way back home, our footsteps inexplicably led us into a department store. As we walked



Lidia

Devotees' Experiences

through the store's illuminated main corridor with the intent of getting back home, the unexpected unfolded. From a distance, a policewoman captured my attention with an affirmative wave. Confusion mingled with fleeting thoughts; had she mistaken me for someone else? My mind raced to account for my recent actions. I had, after all, purchased a soda for my mother from a different establishment. Perhaps the policewoman believed I had left the soda unpaid. As I fumbled to locate the receipt for the soda, the policewoman approached me with a radiant smile. My bewilderment intensified as she revealed my bag, the same bag that I had unwittingly left behind! Astonished, I grappled to comprehend the situation. How could she possibly have recognized me or my bag among the myriad of faces and possessions that crossed her path within the store's confines or from public transportation?

With a sense of awe and gratitude, I gingerly unzipped the bag. In that moment, relief cascaded over me as my eyes settled on the very first item that met my gaze—Dada. Its presence reassured me, like a long-lost friend returning to offer comfort and companionship. Overcome by a tidal wave of emotions, tears streamed down my face. Love and appreciation flowed, directed not only towards my Divine Light but also towards the kind-hearted policewoman who managed to locate me!

In the span of a few hours, the trajectory of my day had transformed from utter despair to elation. The rollercoaster of emotions that had consumed me, from the heart-wrenching loss of my Divine Light to the euphoria of its miraculous return, left an indelible imprint on my heart. This experience served as a poignant reminder that the Divine Light is alive and makes its way home on its own. My mother and I returned home after expressing heartfelt gratitude to the compassionate policewoman. I was struck by a clear understanding - the Divine's gaze is always upon us, and He never leaves our side! Dada Sharanam!



Rosy Arora

The Divine Presence

My sister-in-law had gone to see-off her son who was leaving for Canada. She left her dog at our place. The dog was restless, clearly insecure, not eating anything. I took him to the room which has our Divine Light and sat him in front of Dada's image. It was such a profound experience to see him immediately get settled with Dada, he started having his food too and become so friendly with us. We tried to take him to another room but eventually he would come back to the Divine Light and slept peacefully too.

His soul recognized and acknowledged the Divine immediately. Animals do not have a logical mind and that is why there was no resistance in him. He could immediately sense the love and protection that comes when one is in the presence of the Divine Light!

Thank you, Dadashreeji.

The Divine Light – My Krishna!



Maitreyi Anuradha Sur

I was introduced to the MaitriBodh Parivaar by my aunt in 2020, in the midst of the Covid pandemic. I would constantly worry about the safety of my family. When I did Bodh - I and received ShaktiPravaah online, I felt so peaceful and had faith that all will be taken care of and that my family would be safe and protected. True enough, with Maitreya Dadashreeji's Grace and blessings all of us kept safe through the pandemic. Previously, I would feel the Divine to be somewhere high up and found only in temples. After following online sessions and connecting with the Divine Light, I feel the Divine in my heart. I lost both my parents and would cry every day missing them. As my connection with my Divine Light strengthened, I started to receive parental love from my Divine Light. Once in a while tears do roll down but I know my Divine Light is my father, my mother, my Guru, my pillar, my love, my soul and my true friend who listens to me, does not judge me and accepts me as I am. The Divine Light guides me in my life and protects my whole family. I have met Maitreya Dadashreeji in person, He radiates Divine Love. As Maitreya Dadashreeji has said, "The cause of all suffering is the lack of Love." I still face challenges in life but my state is always of peace and the Divine Light provides me with guidance. I offer my heartfelt gratitude to Dadashreeji and offer my sewa at His lotus feet. I want to help achieve Maitreya Dadashreeji's vision of One world, One family, and One truth.

*Thank you, Dadashreeji.
Dadashreeji Sharanam!*

My Best Friend



Shaika Aldaheri

My Dada and the Divine Light is the greatest blessing I have received in my life. They are truly my best friends. They are with me in all my situations, good or bad. They don't judge me. The guidance and Love I receive from Dada and the Divine Light is just overwhelming. I love my Dada and my Divine Light.



The Bond Divine



We live only in the present, in this fleet-footed moment. The rest is lost and behind us, or ahead of us and may never be found” — Marcus Aurelius

Aniruddh Singh

As I grow older, I reflect on the years gone by and wonder, “Have I lived a life worth living? Has it been a life spent living in fear? Have I done justice to this life which has been given to me? Have I evolved and grown toward my higher self? Was I a good child, a caring husband, and a loving parent? When I look back at life, would I change anything or am I happy and content with the direction it has taken and where it has brought me?” While pondering over these questions, I realize that I have spent most of my time focusing on the “could have been” without any real concern or appreciation for the present.

Through years of internal and external conditioning, my mind had mastered the art of creating a beautiful, idyllic world for itself. When confronted by obstacles, I would attempt to find solace by instinctively retreating into a

self-created shell where I would picture the perfect scenario. This propensity propelled and shaped me into becoming a “dreamer” — I became a person who never lived in the present; a person who constantly dreamt about the perfect future and cribbed incessantly about the past. I had completely lost the ability of living in the present moment. In fact, I daresay I had lost the will to live or experience life in its myriad hues!

Even as I was creating this marvelous world for myself, I forgot the art of balancing — I did not know how to strike a balance between the intellect (head) and the emotional centre (heart); I was unable to strike a balance in my relationships, personal and professional and it was becoming increasingly difficult to balance my mental and physical state. I was moody and erratic in my

relationship with God, foul tempered, impatient, grumpy, and a challenge for people to tolerate me. Unable to balance anything, I found myself in a hopeless situation.

It was in the midst of this desperate state that I was introduced to Maitreya Dadashreeji and the MaitriBodh Parivaar in February 2022, a point from where my transformation began. The day I visited and stayed at ShantiKshetra Premgiri Ashram, I knew that I had finally returned home. I cannot express in words how liberating it is to know that your search has finally concluded — what I had been seeking for years was in front of me. Whilst at the ashram, I had the privilege of meeting Dadashreeji and there was no turning back thereafter. Every cell and fibre in my body connected with Dada, His aura and energy — an experience

that I will cherish and hold dearly all my life. Looking into His eyes, I undoubtedly knew that we had a strong connection, a bond that spanned several past lives and that I was finally reunited with my Guide to continue my unfinished journey. I felt honoured and privileged to sit in the company of a truly evolved soul. I felt completely detached from everything, there was no sense of ego, pride, self-awareness, or conditioning of any sort. I was able to find and identify with the innermost being at the core of my existence - Dada! This was a feeling that originated from the depths of my soul, it cannot be intellectualized and must be experienced!

Since then I have been diligently following my routine of practicing sadhanas and building my bond with the Divine.

In many ways, my life has transformed, and I see a marked change in my personality, behaviour, and overall approach to life; but at the same time, there are once

dormant issues that have cropped up and need to be dealt with. Despite the unexpected challenges of life and its high's and low's, I experience and feel 'Grace' in my life; my bond with the Divine strengthens day by day giving me the courage and determination to soldier on; I am able to live in the present and not dwell too much on what the future holds; I've reconciled and come to terms with what has transpired and have been able to let go of the past; the feeling of regret is something that I am gradually detaching from; comparing myself to others and highlighting my inadequacies is gradually diminishing; the intensity of negative complexities that I face in daily life progressively reduces; my unwavering faith in the Divine is gradually resulting in a positive change in mindset and perception of those around me; finally, I have been able to create a certain level of consistency in my life and I am in a state of general happiness.

Now, when I look at my reflection in the mirror I have

learnt to appreciate, love and respect what I see. Like an onion's layers being peeled away, I am bearing myself naked with any sense of fear or vulnerability being replaced by love, compassion, confidence, and humility. Knowing that Dadashreeji has my back, I have immense belief, faith, and conviction to forge ahead in life with renewed vigour, strength, and vitality.


I feel so blessed and grateful to have experienced the Divine and His intervention in my life through Maitreya Dadashreeji. I only wish that He continues to hold my hand, accompany, and guide me on this journey called life. Most importantly, I pray that Dadashreeji will always protect me and continue showering His love and Grace, something for which I am eternally grateful. Like He stood by me in the past, is standing with me in the present and will continue to do so in the future, so shall I!

Guru Purnima Celebrations

Guru Purnima was joyfully celebrated by the MaitriBodh Parivaar with over 650 devotees attending the event at Maitri Arohan Centres across the country.

With beaming smiles, tearful eyes, and gratitude in hearts the devotees gathered at the centres to listen to a recorded message from Maitreya Dadashreeji. The Maitreya spoke about His journey which started with His initiation by Mahavataar Babaji. He touched upon events and milestones in the evolution of the MaitriBodh Parivaar such as the inception of the Maitri Mission, Aadhyatmik Kriya Shakti, , Maitri Ārohan Center, Divine Light, and others. He shared valuable guidance for the current time and much more.

Soaked in devotion and love for the Maitreya the aarti concluded the event in the Maitri Arohan Centres.

मैत्री का वादा 
हर घर दादा





Maitri Sanskār Camp

A spiritual anchor is necessary to take full flight!

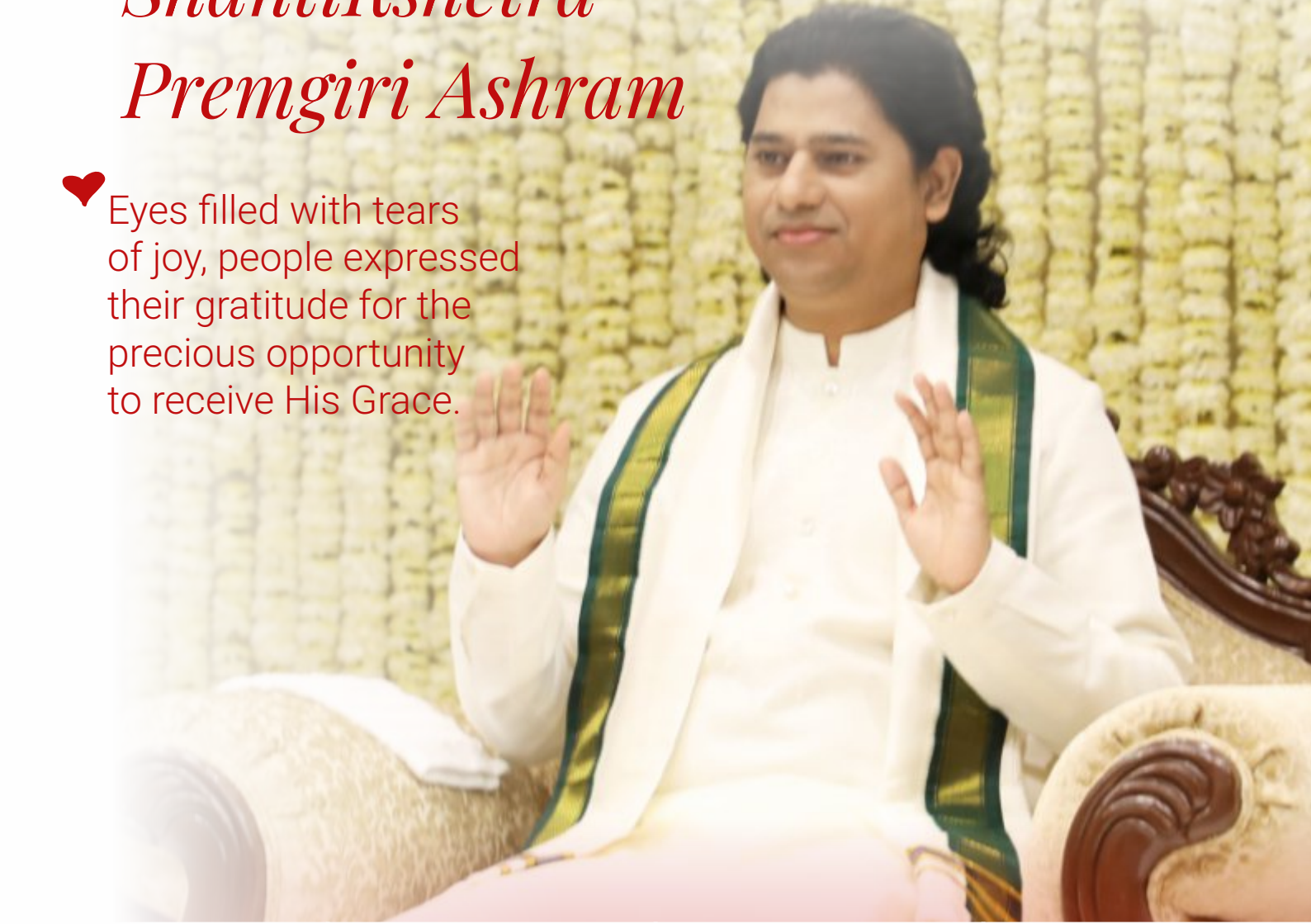
We share with you an experiential and fun introduction to 'Divine values' that will help children to reach their highest potential and comfortably take on the coming times. Infused with fun, laughter, and wisdom shared by Maitreya Dadashreeji, this camp will help children transform into conscious individuals who embody Divine qualities and make choices that serve the highest good. We aim to nourish and empower young minds for a Chinta Mukta Bharat 2032!

More than 120 children have participated in sessions conducted in June-July 2023, at Mumbai, Punjab, Haryana, and Delhi - NCR.



Divine Darshan at ShantiKshetra Premgiri Ashram

♥ Eyes filled with tears of joy, people expressed their gratitude for the precious opportunity to receive His Grace.





Hundreds came together on 3rd September to receive blessings from Maitreya Dadashreeji. Offering their prayer at the sacred Havan amidst continuous chanting, people queued up to receive His blessings. Eyes filled with tears of joy, people expressed their gratitude for the precious opportunity to receive His Grace.

Aradhana for the Divine was expressed with soulful bhajans and tunes, filling the atmosphere with Love for the Divine. As unprecedented rain poured outside, Grace poured within the ashram! The devotees had prashad and left for their homes lightened in spirit and hearts brim-full with love.

Paduka Prem Yatra

(june 2023 – july 2023)

It is said that the highest one can reach in their spiritual journey is at the Lotus Feet of the Divine. They are timeless and when worshiped with love, they dissolve our karmas and blockages that stop us from moving forward in life. With each yuga, the form of the Divine changes but what remains constant are the Divine's Lotus Feet which carry the Divine Consciousness.

This year, thousands across India received the Grace of Maitreya Dadashreeji through the

month long Paduka Prem Yatra. As the Padukas travelled from the ashram to the homes of devotees across the country to the accompaniment of guided meditations, healing sessions, havan, prayer sessions, etc. in the homes of devotees, it brought much needed positive change in their lives. The month-long journey concluded with a special rath yatra at Mumbai and Karjat region, eventually leading to ShantiKshetra Premgiri Ashram on the day of Guru Purnima.



Navratri Celebration

(15th October to 23rd October 2021)

Widely celebrated in India, Navratri is a festival that spans over nine days and is dedicated to the feminine manifestation of the Divine. We share below the significance of this festival as it is said that the energies during these nine days are conducive for the internal growth of a spiritual seeker.

Every festival has a reason and significance behind its celebration. It is not only celebrated for fun and enjoyment.

It is the Divine Source that provides energy for our planet Earth to move around the Sun, causing the changes in Nature. This Divine Source must be thanked for maintaining the correct balance of the universe. Due to the changes in Nature, the body and mind of people undergo a considerable change.

Due to climate change and solar influence, the energy level of the body goes up and down. If the energy level is up, positivity increases. As a result, an individual becomes dynamic, enthusiastic, creative and happier. If the energy level is down, negativity increases. So all types of negative emotions like greed, jealousy, hatred develop in the human body.

Navratri is one such festival which is conducive to raise the energy level when changes are taking place in Nature. Navratri means nine nights, i.e. Nav – Nine and Ratri – Night.



Why Worship the Mother Goddess?

We think this energy is only a form of the Divine Mother, who is the mother of all, and all of us are her children. "Why mother; why not father?" you may ask. Let us just say that we believe that God's glory, his cosmic energy, his greatness and supremacy can best be depicted as the motherhood aspect of God. Just as a child finds all these qualities in the mother, similarly, all of us look upon God as mother, as mother is the creative aspect of the absolute.

What is the significance of worshipping Ādishakti Mahākālī during nine days of Navratri?

The word asur (demon) can be seen as 'the one who remains engrossed only in enjoying mundane pleasures of life'. These actions give rise to real demons such as ego, sorrow, greed, jealousy etc. So on the first day of Ashvin (September–October months), nine days of worship is offered to the Divine Mother "Ādishakti



MBP Programs & Offerings

Mahākālī”, the Source of energy, to become free from the trap of these demons. The most simple solution available to us is to pray to Divine Mother “Ādishakti Mahākālī”, by realising the illusory form of the demons. Therefore, Shakti should be worshipped in the nine days of Navratri. This victory is celebrated on the day of Dashmi and is called Dussehra.

First set of three days

The Mother is adored as a spiritual force in order to destroy all our impurities.

Second set of three days

The Mother is adored as a giver of spiritual wealth and is considered to have the power of bestowing her devotees with inexhaustible wealth.

Final set of three days

The final set of three days is spent in worshiping the Divine Mother as goddess of wisdom.

In order to have success in life, one seeks the blessings of all three aspects of the Divine femininity, hence the nine nights of worship.

Following are only suggestions enabling the seeker to receive best of the blessings in these nine days.

Process of Celebration

Please observe the following during your Navratri period.

You can observe fasting for nine days. Fasting can be done from the time you wake up in morning till evening 7 pm. During the fast one can consume water (if possible warm water). During these nine days observe mauna i.e. silence for at least one day of your choice.

Chant our Ādishakti Mahākālī mantra for 108 counts daily. Before ending your fast, chant and offer it to the Divine Mother, Ādishakti Mahākālī. Keep your prayer for first set of three days to destroy all impurities such as greed, ego, etc, second set of three days to bestow spiritual wealth such as faith, com-

passion, etc, last set of three days to grant wisdom.

Try to be at home before 7 pm so that you can break your fast and offer your prayers on time.

Avoid outside food.

Note:

- If you are suffering from any chronic illnesses or gastric anomalies, please do not practice fasting. Follow the instruction from 2 to 4.
- Those who cannot observe fasting can chant at 7 pm and offer it to the Divine Mother.

Adishakti MahaKali Mantra

*Aum MahaKalikayai Vidmahe
Premgiri Vasinyai Dhimahi
Tanno Ghore Prachodhayat*

Meaning

We know that Supreme Mother
We meditate on her who resides at Premgiri
Through this meditation we would attain
enlightenment

॥ ॐ महाकालिकायै विद्महे प्रेमगिरि
वासिन्यै धीमहि तन्नो घोरे प्रचोदयात् ॥

The divine nights of celebration where the feminine energy is at peak to bless all of creation to reach the highest. Celebrate this auspicious time of the year with us by visiting our Divine Mother's abode.

15th - 24th October

8:00 AM to 8:00 PM (all days)

ShantiKshetra Premgiri Ashram

<https://d27.in/NavratriUtsav>
(No charges applicable, registration mandatory)

For Enquiry 9811171069

*Let's Transform
Let's Celebrate*

Divine Darshan

Open For All

A divine opportunity of physical darshan of Maitreya Dadashreeji at our home, ShantiKshetra Premgiri Ashram. An divine blessing helping us experience Love and Peace and move ahead in our journey of Transformation

Come, express your prayer and take back all the Love and Grace!

Sunday, 5th November

4:00 PM (reporting time)

Register:
<https://d27.in/49dec8>

Maitri Mahotsav

Global Maitri Festival

A day of celebration of Love, Transformation and Selfless Service in the physical presence of Maitreya Dadashreeji

27th December 2023

2:00 PM to 7:00 PM

Cidco Convention Center,
Vashi, Navi Mumbai

Maitreya Dadashreeji will be addressing a gathering of over 5000 Indians and our international family, to take a united step towards spiritually empowering Bharat. The time for this impactful wave to spread across the globe is NOW!

Looking forward to having you join us in laying the foundation of this transformed vision of 'One World, One Family.'



Request a Prayer

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

Maitreya Dadashreeji

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

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

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

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

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

Life has much more to offer than what your mind can ever imagine. Your birth here on this planet is not to travel or drag yourself from birth to death. It is about the quality of life you enjoy throughout your journey.

Maitreya Dadashreeji

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