

MAITRI Anandhita



Maitri Mahotsav –

Global Maitri Festival

Chinta Mukh Bharat
2032 launched

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Hearth to Heart 05

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MaitriBodh

dear Loved Ones,

Dear Loved Ones,

We wish you and your family a Transformational 2024!

As we step into 2024, let us take this moment to introspect, reflect, resolve and understand ourselves better. It is time that we became the best versions of ourselves. In His message on the occasion of Maitri Mahotsav (Global Maitri Festival), Maitreya Dadashreeji urged humanity to choose the path of Transformation and shared that Divine Grace is in favour of all those wanting to transform, for it is now or never! Let us work towards enriching ourselves spiritually and experience Transformation.

To know more about the CHINTA MUKT BHARAT 2032 initiative and the Maitreya's guidance on the way forth in 2024 click:
<https://www.youtube.com/watch?v=KXL4sq-UdbI>

In this edition, under 'Pearls of Wisdom' Maitreya Dadashreeji shares the two qualities that we as conscientious beings need to inculcate to sail through the coming time with ease.

Inside, read enriching articles from our contributors as we bring to you interesting reads that will help you to introspect and act or take a step forward for your inner growth.

**Embrace
Transformation and
evolve to a better YOU!
Stay safe!**

**With Love & Light,
Team Maitri Anahita**

Heartfelt gratitude to
Mohan Kant, Bikram Singh Boparai, Maitreyi Jaguruti, Maitreyi Suman, Maitreyi Sulata, 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

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



MaitriBodh

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PEARLS OF WISDOM

Read Maitreya Dadashreeji's guidance for the upcoming times and answers to questions from seekers.

SUSTAINABLE LIVING

Sustainable actions help make a real difference in society. Being committed to sustainability reduces our carbon footprint by making us adopt eco-friendly lifestyles. When we focus on sustainability, the entire world benefits and gets to live in more healthy living conditions.



TALES OF TRANSFORMATION

In this column, we will feature stories of transformation from the members of our vast family – anecdotes of how the Grace of Maitreya Dadashreeji shapes us in new ways, helping us discover, and bond with our Inner Divine.

EVENT COVERAGE

The MaitriBodh Parivaar makes history with the launch of a unique initiative – CHINTA MUKT BHARAT 2032 at the Global Maitri Festival.



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Embrace the Change!

A Very Happy Divine New Year to all our family friends!

The journey has been incredible, full of love, meeting wonderful souls, hearing stories of transformation, divine revelations, celebrations and much more.

It is the beginning of a new world order where the heart is free to express, connect and celebrate life. We are glad to know that many have understood the importance of transformation for people and our planet. We encountered many seekers, those who were beginners and some who were very advanced but still looking for answers to their core queries. We were able to patiently and successfully guide and help them to connect with their Inner Divine.

Staying in the ashram, people have had blissful and heavenly experiences. The family is growing, which adds more responsibility on our shoulders to show them the Light and transform their lives effectively.

Let us all once again prepare ourselves for the coming time! We only need to follow two qualities.

One is Honesty. To be precise, be honest with yourself! It is about your internal world, your emotions and thoughts. Whatever you have within, be with it! Do not struggle! Most of us always feel that we are right at all times. We suggest that you be honest with yourself. Even if not anyone else, you should know that you are wrong or right. Be authentic and assertive with your emotions! Every day, spend time with yourself and try to see the Truth within. The easier way would be by being with the Divine



Light. You will know what exactly is going on within you.

The second quality is faith, having faith in the Divine! Whatever circumstances you go through, always know this truth that the Divine is with you! Allow the Divine to work through you! Let the Divine fully

express through you! More incredible things are waiting for you. Don't shut your senses; be open and embrace the Grace waiting for you beyond the challenges you are facing! Let us share this one story that occurred during the Gurukul days!

Once, an Awakened Master called one of his disciples in front of many other students. Unexpectedly, the kind Master became angry and started scolding the disciple he had called out. The Master reprimanded him for not being able to practice the meditation he had been taught. The Master humiliated the disciple, saying he didn't deserve to be a part of the renowned and highly respected ashram people had faith in. He didn't even know the basics of meditation after having joined the ashram for many years.

The Master said the time had come for him to leave the ashram immediately and go somewhere else for his spiritual transformation. The disciple was profoundly hurt and cried profusely. Not knowing what to say and how to respond, the disciple followed the order of the Master and left for the jungle.

With a heavy heart, he stayed near the ashram in the deep forest, where he met many other spiritual seekers on his way. Surprisingly, some people conversed with him on spirituality and

Pearls of Wisdom

tried to know more about his Master. One of the seekers asked the disciple to join the teacher he followed as he teaches ancient ways of doing meditation and shares some secret rituals no one has heard of yet. The disciple, being disheartened, doesn't show any sign of interest in learning anything new. But the seeker continues and asks him to quickly embark on his spiritual path with some favours from the teacher on one condition. Hearing this, the curious disciple looks at the seeker and inquires why do they favour me? And what is the ritual? Why and what is the condition to learn these spiritual lessons?

The seeker patiently requests the disciple that their ashram follows many different techniques, but the teacher would like to know the rituals and methods of your Master. The teacher is aware of the Master the disciple follows.

Upon hearing this, forget the proposal, the disciple finds even the thought of inquiring about someone's ways of practicing spirituality without the Master's permission as highly condemnable. He rejects this idea outright. He immediately leaves that place and walks the path ahead for months.

One day, one of his old ashram friends came searching for him. The friend shared that the Master has remembered him and wants him to meet the Master as early as possible. Without any doubt or a question, the disciple immediately joins the old friend and runs to the ashram.

The Master welcomes the disciple and hugs him tightly with tears of love and joy. The Master breaks the news and says, "My Dear Child, I have now decided to spend my time in seclusion in the Himalayas. I wanted to hand over my place to someone who truly deserves the role. And I find no one better than you. I knew your potency and devotion for me. I purposely asked you to leave the ashram and then sent someone to check your faith in the Divine. You made me proud, my child. You have won my heart. Please come forward and take my place! Now, you are ready to guide others."

My friends! Keep faith in the Divine! The Divine will set things right for you and provide abundance in life! The love of the Divine will heal everything with time. Keep marching ahead!

This year, we will meet in the ashram and transform to establish love, friendship and peace once again!

A reminder, let us join hands together to make the world stress-free!

The Divine Light will guide you further! Love and Blessings!



Maitreya Dadashreeji

More about Dadashreeji,
click here:



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

Let the New Year usher in the spirit of Nishkaam Sewa!



In a world that highlights individualism and self-interest, the inner state of selfless rendering ('nishkaam sewa') holds the key to truly witnessing transformation in the world, writes **Maitreyi Sulata**.

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.

Dear Friends,

I warmly greet you in the love and light of the Divine. Wishing our dear friends, a very happy and Divinely blessed New Year!

The Sun shines equally on all, bestowing life-giving energy on all life forms without seeking any reciprocity. If we were to contemplate, can we say that we too are shining selflessly like the Sun? Just like Nature offers her fruits to others, are we willing to share of ourselves and our blessed gifts of life with others? Let's begin the new year with the exploration of our motivation.

What is true giving?

We live in a world that emphasises acquiring over giving. The thought, "What's in it for me?", occupies one's mind even when

considering volunteer service; such is our ego-driven conditioning. We like to be recognised and rewarded for the contributions we make to the lives of others. Selfless service comes way down in our list of priorities in a world which favours an achievement-oriented life. This is in contrast to the laws of Nature. The more we give of ourselves to life, the more the certainty of the golden boon of Divine Grace showering upon us. As Maitreya Dadashreeji once shared, we give only 10% but aspire to receive a 100% from life. That's the sad but true state of human existence today. Giving (to others) should have been our natural state but has become a matter of charity. We think we are doing someone a big favour and may feel superior to others in doing that. Think about it.

Heart-to-heart

However, real giving has no any ulterior motive of getting anything in return, or the expectation of reaping benefits out of that action later, or even feeling good about oneself having done a noble act. *Selfless service arises out of a deep inner and genuine feeling to help someone, with no expectation of returns, not even the desire to earn 'punya' or good deeds, nor even the realisation of having done a noble act.*

When one wants to do something for someone out of love the mere act of serving becomes a source of immense joy. However, if people's praise and recognition is the motivation behind service, then accept this truth in your heart and seek Divine intervention to transform your inner state towards true selfless giving.

The Transformative power of Selfless Service


The transformative power of selfless service is witnessed in the positive ripples that it generates, viz.,

1. **Fostering Empathy and Connection:** Engaging in selfless service and giving back engenders a deep sense of empathy and connection with others. By going beyond our needs and actively seeking opportunities to help those in need, we begin to understand and appreciate the challenges and struggles faced by others. This empathy becomes the foundation for compassion and opens our hearts to the interconnectedness of humanity.
2. **Creating Positive Change:** Selfless service and giving back enable us to be agents of positive change. By recognizing the power to make a difference that we possess, we can contribute to creating a better world. Whether it is volunteering at a local charity, donating to a cause we believe in, or simply lending a helping hand to someone in need, our actions have the potential to inspire and uplift others.



3. **Cultivating Gratitude:** When we engage in selfless service and give back, we develop a greater sense of gratitude for what we have. By witnessing the hardships and struggles faced by others, we gain a fresh perspective of our own blessings and privileges. This gratitude not only brings us joy and contentment but also motivates us to continue giving back and sharing our blessings with others.
4. **Enhancing Personal Growth:** Engaging in selfless service and giving back is not only beneficial for others but also for our own personal growth. These acts of kindness and service provide us with opportunities to develop and refine essential qualities such as patience, compassion, and humility. They challenge us to step outside of our comfort zones, learn from different experiences, and broaden our perspectives.
5. **Finding Meaning and Purpose:** Selfless service and giving back can bring about a profound sense of meaning and purpose to our lives. By aligning our actions with our values and contributing to causes we are passionate about, we tap into a deeper sense of fulfillment and satisfaction. When we see the positive impact of our efforts on the lives of others, we realize that our actions have a purpose beyond our self-interest.

Embracing the power of selfless service enables us to create a more compassionate and interconnected world, where the spirit of giving back becomes an integral part of human life!



Maitreya Dadashreeji says, "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 follows and is showered on you abundantly. **It is only through selfless service that you become a part of the Divine – there is no other way.** Know that the service thus rendered for the benefit of others is nothing but your **offerings of love at the lotus feet of the Divine.** Do not consider yourself as a doer of the service rendered."

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

Seeker 1 : Namaste. We have heard that the Divine does not hand out punishment. The nature of Divinity is love. In that case, how does the Divine deal with people who knowingly do wrong unto others? Don't they get punished for their bad deeds? What happens to them? Further, why do innocent victims suffer at the hands of others?

Seeker 2 : I am a student facing difficulty in clearing my final exams despite many attempts. I lack confidence and live in constant fear. Is this

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

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

situation due to my bad deeds in the past? And what can I do to solve this problem or release my past karma?

Mitra Sut: Dear Friends, thank you for expressing such important questions, pertaining to situations that many go through and suffer on account of not having clarity about how karma and destiny operate.

The complete understanding of such situations is given in MaitriBodh Parivaarís spiritual retreat, eSpiritual Triangleí and also in the eBodh series II and III (which you can look up to register and attend via the website www.maitribodh.org), devised by our founder-visionary, Maitreya Dadashreeji.

In brief, situations in our life, both good and bad, are the outcome of our own choices and actions. We are blessed with free will (which accounts for 70% of our actions), with which we constantly make choices. Accordingly every such act will create a result or repercussion, which we have to go through.

Other than free will, 20% of life situations are those that we must go through; these are the result of our past actions/karmic lessons; those which we have asked for and which we inevitably have to go through in life. It is important to have the awareness of not labelling these as bad karmas and instead think of them as the lessons of life which are meant to help us grow and move closer to the purpose of our existence.

Even while going through what seems like suffering, one has free will in how one views these situations and utilizes it further in making choices and acting.

As Maitreya Dadashreeji explained this beautifully (the following excerpt is taken from His interview in Life Positive magazine, September 2012) viz.,

Human misery is due to karma and the soul's desire to willingly undergo certain hard lessons necessary for its evolution and eventual liberation. Atonement of bad karma can happen in several

ways. A person can decide the mode of atonement and willingly undertake penance. The experience of pain during suffering cleanses the accumulated sins and deep prayers to God give relief, provide answers, and remove suffering. Prayer has immense power.

A most profound insight by Dadashreeji, to explain the stark reality of human life, something that we fail to understand.

It is true that no matter how much knowledge we may imbibe, when we undergo pain and suffering nothing helps except our own inner state of being and the Grace of the Divine. Be in complete awareness that the Divine certainly never punishes! It is we who make choices and have to go through things, to complete our lessons and to evolve.

Lord Krishna explained this in the Bhagvad Gita, viz.,

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥ 2-47

You have the right only to take action but never to its fruits. Let not the fruit of action be your motive, nor let your attachment be to inaction.

This is a famous and oft-quoted verse from the Gita, which expounds that one can have control and responsibility for one's actions, but the outcome or results are beyond your control. It encourages focus on the effort and the process rather than being fixated on the result. Lord Krishna clearly advises against performing actions solely for the sake of personal gain or reward, rather acting from a sense of duty, righteousness, or contribution without being driven by a desire for specific outcomes. This verse also discourages inertia or avoidance of action, rather it exhorts one to engage in the world, fulfil one's responsibilities, and contribute positively without being overly attached to either success or failure.

So, having understood this, one should not be disheartened by adversity but to look at your situation as just a lesson of life which you need to face boldly and positively. Do not let your thoughts bent towards negative or bad karmas and weigh you down. Rather, the solution lies in working hard with a positive outlook. Do your best and be patient. There is a possibility that life has something else in store for you, but doing your best act is most important.

A great example is that of Thomas Edison, the inventor of the light bulb; do you know he failed a thousand times before he got the lightbulb right? His teachers told him that he was too stupid to learn anything. He got fired twice from jobs for being unproductive, but that didn't stop him from being a great scientist who changed the course of human history.

So, be positive, add prayers to your genuine efforts, connect to Divine Light of Maitreya Dadashreeji, and you will attain your highest!



Traditional Remedies & Integrated Medicine



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.

Rejuvenating your Face the Ayurvedic Way

Beauty may be skin-deep, but the skin plays a vital role which goes beyond one's appearance. As such, skincare acquires increasing importance and it is here that Ayurveda provides a healthy option for maintaining skin health, says **Dr. Sreelatha Shetty**.

The skin is recognized as the largest organ in the human body. It functions as the body's outer layer and safeguards the organs beneath it.

The skin plays a crucial role in our psychological and social well-being. It mirrors internal changes and responds to external factors. Since our skin serves as the visible presentation to the world, even minor imperfections can significantly affect a person's self-confidence. Conditions associated with this organ can lead to unhappiness, distress, social isolation, and feelings of inferiority.

The primary reflection of an individual is their face, and any facial disfigurement can greatly influence one's social interactions and personal identity. The appreciation of beauty has been a constant throughout history. In the modern age considerable

importance is attached to one's appearance. Everyone aspires to distinguish themselves from the crowd and create a unique personality to succeed. The rising demand for enhancing one's appearance is evident in the proliferation of beauty pageants, beauty centers, and a wide range of cosmetic products, including creams, lotions, and powders.

It is well-established that the well-being of the skin is closely linked to overall internal health, which is influenced by the foods and beverages we consume. Ayurveda highlights the significance of a harmonious diet, exercise, and mental health in preserving the health and appearance of the face.

Primary facial health issues and their respective remedies can be summarized as follows:

Pimples - Pimples is a common skin condition that can affect the face, especially during adolescence but can persist into adulthood too. It involves the formation of pimples, blackheads, whiteheads, and sometimes cysts due to clogged hair follicles and increased sebum production. It can lead to inflammation, redness, and scarring. It can develop due to a variety of factors, including hormonal fluctuations, poor hygiene, impurities in the blood, stress, anxiety, incorrect use of cosmetics, and excessive consumption of oily and unhealthy foods, etc.

Remedies

- Eliminate all identified causal factors.
- Wash your face with lukewarm water three to four times daily.

Traditional Remedies & Integrated Medicine

- Avoid fried and junk foods.
- Ensure a good night's sleep, lasting 6-7 hours.
- Application of a paste of equal quantity of turmeric, neem, sandalwood powder mixed with rose water or milk reduces pimples and enhances facial radiance. Neem, turmeric, and sandalwood are recognized as blood purifiers with antibacterial properties, effectively cleansing and expediting the healing of pimples.
- A massage with fresh aloe vera also helps to reduce pimples.

Increased pigmentation on the facial skin (Chloasma/Melasma)

Brown patches found either side of the nose or on forehead, rarely on the chin. Main causative factors for increased pigmentation of the face are hormonal imbalance, increased exposure to sunlight, anger, exertion, stress, toxic ingredients of cosmetics, etc.

Remedies

- Application of paste of Nutmeg (jatiphala).
- Avoiding excessive exposure to the sun.
- Application of paste of equal quantity of sandalwood, manjishta (Indian madder root),

kushta (Indian Costus root), lodhra (Symplocos bark), masur dal (red lentil) powder helps in reducing pigmentation.

It's crucial to understand that pigmentation takes time to develop, and therefore it will also take time to diminish. Hence, the consistent application of these pastes is essential, and one should not discontinue their use if visible improvements are not seen within 7 or 15 days. Research has indicated that the actual lightening of pigmented patches typically occurs after 30 days. Therefore, prolonged treatment duration is necessary for effective results.

Enhancing skin vitality and slowing down the aging process.

Aging is a natural process, but Ayurveda provides methods to slow it down and maintain youthful skin. Vata dosha (do ha responsible for movement and cognition) is often linked to skin dryness, which can accelerate aging. Here are some Ayurvedic approaches to combat aging:

- Amla, also known as Indian gooseberry, is beneficial for skin and blood nourishment. One amla can be taken daily on an empty stomach or one can take amla candy available in markets.



Traditional Remedies & Integrated Medicine

- Stress can worsen skin conditions and practices like yoga, meditation, and pranayama help maintain a balanced mind and body.
- To keep your skin well-hydrated, it's essential to consume a generous quantity of fresh fruits and vegetables and ensure adequate water intake. Proper hydration is important to help flush toxins from the body and maintain healthy skin.
- Instead of using commercial soaps and creams for facial cleansing, use natural scrubs like chickpea flour or oatmeal to exfoliate the skin, removing dead cells and promoting a healthy glow.
- A mixture of turmeric and honey can be applied as a mask to rejuvenate the skin.
- Facial massage can promote rejuvenation by enhancing blood circulation. You can use natural ingredients like papaya, orange, aloe vera, coconut oil, or, in case of excessive oiliness, opt for dry powder massages with substances like chickpea flour and turmeric.
- Seasonal Adjustments: Ayurveda recommends adjusting skincare routine according to the seasons and environmental factors. For example, winter skincare focuses on moisturization, while summer skincare emphasizes cooling and sun protection.

Conclusion

Ayurveda offers a time-tested approach to facial skin health, addressing pigmentation, aging, and pimples through a balanced and holistic perspective. You can harness the power of Ayurveda to achieve radiant, healthy skin naturally. Remember that patience and consistency are key to experiencing the long-term benefits of Ayurvedic skincare practices.



Harnessing the gifts of Nature to concoct delicious food, we share two recipes that are sure to tickle your tastebuds!

Carrot – Cumin Soup

INGREDIENTS

Soup Base

- 1 teaspoon cumin seeds
- 1 inch coin of ginger, chopped
- ½ tsp. coriander powder
- 2 cups chopped carrots
- 1 cup cauliflower florets
- 3 cups water
- 1 bay leaf
- 1 cup coconut milk
- 2 tsp. rock salt
- ½ tsp. black pepper

Garnish

- 2 tablespoons chopped coriander
- 2 tablespoons chopped mint

Method

1. Heat a saucepan on medium heat, add cumin seeds, ginger, and coriander powder. Sauté well for a minute, till you get fragrance of the spices.
2. Add diced carrot and cauliflower florets to the saucepan and sauté for 4 - 5 minutes.



3. Add the bay leaf and pour water, bring to a boil. Cover the pan partially with a lid, and simmer for 20 minutes.
4. Blend the ingredients.
5. Add salt and pepper. Stir well.
6. Right before serving, add coconut milk and stir.
7. Garnish with chopped coriander and mint.
8. Serve warm.

INGREDIENTS (SERVES 2-3)

- ½ small unripe green papaya (green on the outside and pale yellowish on the inside)
- 1 soft pear
- 1 medium size carrot
- 2 medium sized tomatoes
- ½ cup fresh coriander

Peanut Dressing (makes ⅓ cup)

- 2 tablespoons - soaked peanuts
- 1 tablespoon lemon juice
- ⅛ small green chili
- ½ tsp. rock salt
- 1 tablespoon jaggery
- 2 tablespoons water

To prepare the dressing, blend all the above ingredients until smooth.

Garnish

- 1 tablespoon roasted peanuts, chopped

Method

1. Peel the skin of the papaya.
2. Cut the papaya and carrot into thin long strips using a julienne peeler.
3. Use a knife to cut the mango and tomatoes into thin long strips.
4. Mix well the papaya, carrot, mango, tomatoes, and coriander in a large bowl.
5. Add the dressing to the salad and mix well.
6. Garnish with chopped peanuts.

Thai Papaya Salad





Bio – Toilets

It is said India lives in its villages; if so, the issue of human waste management for those who do not have access to toilets acquires critical importance. Bio-toilets offer a way out of this situation and provide multiple benefits, be it in terms of being environment-friendly, conservation, or cost, writes **Anil Sharma**.

Human waste management: Bio-toilets paving the way for a sustainable future

Access to clean and hygienic sanitation facilities is a basic human right, yet millions of people around the world lack access to proper toilets. Open defecation is not only unhygienic but also has adverse environmental and health consequences. Bio-toilets have emerged as an innovative solution to address these challenges.

Bio-toilets are a sustainable and eco-friendly alternative to open defecation. Unlike traditional toilets, bio toilets do not rely on sewage system. Instead, they use a natural biological process to break down and decompose human waste, converting it into harmless byproducts like biogas, water, and fertilizers. These toilets are specifically designed to manage human waste in an environmentally friendly manner.

Bio toilets operate on the principle of anaerobic digestion. Human waste is collected in a tank, and a mix of 50 types of bacteria (created by DRDO) break down the organic matter in the absence of oxygen. This process produces biogas which has many advantages.

Advantages of Bio-toilets



Water Conservation

One of the primary advantages of bio-toilets is their ability to conserve water. The water that comes out after the anaerobic digestion process is 90% pathogen free and suitable for either re-flushing or gardening. Bio-toilets are a perfect solution for water scarce areas, helping conserve this precious resource.



Environmentally Friendly

Bio toilets reduce the contamination of water bodies caused by untreated sewage discharge. The production of biogas and nutrient-rich fertilizer also contributes to sustainability.



Odour Control

These toilets minimize unpleasant odours and provide a more pleasant restroom experience.



Versatility

Bio-toilets can be installed in various settings, from urban areas to remote villages, providing sanitation solutions for different demographics.



Health Benefits

By properly managing human waste, bio-toilets help prevent the spread of disease and improve public health.



Cost-Effective

Bio-toilets can be cost-effective due to minimal maintenance requirement and reduced water consumption. Also, there is no need for any electricity for the anaerobic digestion process to take place.

Applications of Bio-toilets

Bio-toilets have a broad range of applications, including:

Rural Sanitation: Providing improved sanitation facilities in rural areas where water is scarce or inaccessible.

Public Toilets: Constructing public bio-toilets in urban areas and tourist spots to reduce the burden on municipal sewage systems.

Railways and Transportation: Many trains and buses are equipped with bio toilets to minimize sewage discharge on tracks and roads.

Disaster Relief: Bio toilets are used in emergency response and disaster relief situations to ensure safe sanitation facilities in temporary shelters.

High Altitude: Suitable for armed forces deployed in higher altitudes and also for religious places situated in higher altitudes.

Bio-toilets are a sustainable and eco-friendly solution to the global sanitation crisis. They offer a way to provide clean and hygienic sanitation facilities while conserving water resources and reducing environmental pollution. As we strive to make sanitation accessible to all, bio-toilets represent a significant step in the right direction, contributing to a cleaner, healthier, and more sustainable future for all.

Anil Sharma

Founder and CEO, ThinkQue Consulting | CCSL Consulting
Ex-Head of Corporate Communication, CSR and Sustainability, Havells India Limited.

How Maitreya Dadashreeji Shapes and Guides my Everyday Life



*In this edition we bring to you the metamorphosis of **Jacob Smith** as shared with **Maitreyi Jagruti Gala**.*

Jacob lives in Illinois, USA. He holds a degree in horticulture and was in the Navy. He is currently involved in holistic wellness. He has a small health and wellness practice where he teaches yoga, meditation, and breathing techniques for corporate clients. He is also a high school soccer coach. He is happily married to Karen, and both have travelled to India to complete Bodh V together.

Q. I am curious about your connection to wellness? How did that happen for you since it is an unusual pursuit?

Yes, it could appear unusual in one aspect as there is no real connection to the type of wellness I'm involved in with anyone else in my family. No one was ever interested, nor really knew about yoga in any form. For me, it began with an interest in improving my physical body and mind. I had an interest in exercise due to my experience with playing sports which led to an interest in exercising my mind. I first began meditation like many do these days, by finding an app for it!

Looking back at my life, I can now see how things have been

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.

laid out. I had, let's call it, my first bit of deep spiritual awakening when I started reading a book series called 'The Law of One'. This is channeled material from 6th level entities. The books are laid out in verbatim question/answer format. It was nothing like I had ever read or experienced before. It was highly spiritual and while absorbing the information it felt like my entire being was vibrating like I had touched a live wire! It rang deeply within me with the veracity of truth. My initial spiritual lens was shaped by their teachings which led me to see Dada as a teacher worth exploring.

I would say that I was an atheist for most of my life.

After exploring meditation and reading spiritual material, my feelings on 'Life' began to change. All of this led to an exploration of yoga. Since I was a high-level athlete and physically fit, I thought the practice of yoga would come easy to me because of that fitness. I quickly discovered that was not the case! After my third yoga class, I had an unforgettable experience during shavasana. I was exhausted, enjoying the resting phase, not thinking about anything besides how good my body was feeling, then seemingly unbidden from my mind appeared what I could only describe as a vision. I saw the outline of my body filled with bright energy lines that all connected to my third eye

Tales of Transformation

which was shining brightly. It was in that moment of epiphany that blessed me with the deeper understanding of what yoga does for you. It was an unforgettable experience!

As my journey through yoga continued, I began sharing my thoughts and feelings of these topics with those closest to me. One of my best friends, who is a member of the MaitriBodh Parivaar, had recently been invited to participate in the Maitri Sambodh Dhyaan with some devotees from Davenport, IA. We had many, many discussions on spirituality by this point and he invited me to come join in a world relay mantra chanting event in 2017.

It was during this event that I was blessed with two profound visions. The first being that of a rainbow. It was a little unusual in that each layer of the rainbow was a different shade of black but with a small thin line of brilliant color matching each layer; red, orange, yellow, green, blue, indigo, violet. At that time, all my focus was on simply reciting the mantra correctly so imagine my surprise when that came into my vision! It was powerful enough for me to stop and open my eyes in astonishment. Shortly after that, the second more powerful vision appeared. It began slowly with the outline of a person from shoulders to head, then with increasing speed, more features began appearing like the mouth, eyes, ears, shirt etc. I managed to not open my eyes this time but once again my astonishment

broke my concentration. Interestingly the vision faded away very, very slowly. I had never experienced anything quite like that before.

Afterwards, I shared my experience with the group and once again noticed the picture of Dadashreeji in the corner. Realization dawned on me that it was He who I had seen in my vision! I left with many thoughts and feelings to decipher within, but understood that something was calling me. I was filled with a longing that I needed to know more of what this was about-Dada and MaitriBodh Parivaar. It was a deep yearning to know.

There is a who I was before that point, and then who I am after. Earlier in my life I had always felt something was missing from my life. After that experience I felt like maybe this was what I'd been searching for. And so, I attended Bodh-I, and after that, it was like the puzzle piece I was missing fell into place. I realized that this connection to the Divine was what I was missing my entire life.

Q. A lot of us came into the Parivaar by being in the physical presence of and meeting Dadashreeji whereas you have come in a different way. How was that for you? I'm curious that without a physical form to connect to immediately, you still have this strong experience of Divine awakening within you, would you share a little more about that?

An interesting question as I have not given this much thought! It just felt like a very natural process. I've always been very sensitive to emotions, particularly of those around me. Just being around others who were really connected with Dada, I really felt that. I can say without a doubt that my strong spiritual awakening had a lot to do with the experiential bodh programs and ShaktiPravaah. You walk away a different person each time, or rather, become more and more your True Self! My bodh experiences were life changing.

Certainly, a nod needs to be given to the Divine Light. Probably more than just a nod really! I have never felt truly alone knowing I have my Divine Light around. Although this feeling was something that built over time and it wasn't something that happened immediately.

Q. So, as you look at your journey through the Bodh series of programs, what evolution did you see in yourself?

People are typically hard on themselves, and I was no exception to that. So at first, it was general self-awareness of how I am treating myself and how I am treating others. After some time, it began evolving into a deeper exploration of what is the purpose of my life? What should I be doing? I felt so strongly connected with what I was experiencing at the time, like something was guiding me.

Tales of Transformation

From there, I asked myself, how can I start to share these experiences, these life changing things in my life? How do I share this with my family and friends? I became very passionate about it and seemingly overnight I went from being not very spiritual to feeling that those around me would not understand the level I was experiencing. I wanted to share it! I wanted others to understand if they too were seeking. I wanted to tell others that it was alright if they felt lost because I had been through it before find my truth.

I began jumping at every opportunity to volunteer. From there I obtained an even better understanding of my purpose, the mission, and my role within that. I knew that this was something I wanted to dedicate my life to. I felt like it was just the most important thing, really, that I could be doing beyond the necessities of life.

Q. It is inspiring to hear how you embraced and how you grew. Were there ever any doubts?

Were there ever any doubts? To be honest, no. All my experiences, plus the teachings Dada gives to the world always felt right to me. Once I started, again, those puzzle pieces fell into place and just fit perfectly.

Of course, I have had my own struggles with certain aspects of the journey. For instance, I carry the Divine Light with me everywhere. It is a highly unusual practice here in the United States. I struggled with the perceived perception of

high strangeness of carrying around a picture of an Indian man, taking it out, speaking to it, offering, and serving food. I knew the looks I got and felt the apprehension of those around me. But I have understood that I must live my life in the truest sense of who I am and not be afraid.

Q. And how was it to meet Dada in person?

Even meeting Him, you can tell there is something different about Him. He has this presence, right? He just shines so brightly! It's hard to really put the experience into words. You just feel full, not wanting for anything in His presence. You are not tired, hungry, nor sleepy. You just feel full. You feel there's magic in the air around you. I remember sitting and hanging on to every word He said. I felt very energetic even though the session went on for many hours deep into the early hours of the following day. Dada even came out and had chai with us! It was very nice to see Dada in a personal, friendly manner, as opposed to this seemingly untouchable, infallible Divine Being. Dada is just like you or I. Sure, He has walked quite a way on the path of transformation, but He is just like the rest of us. He came out in comfortable clothes, and we sat in a circle and just talked like friends. No pretense, no ceremony. I was blown away by His presence! No amount of comfortable clothing will ever dim that light! Overall, I never wanted it to stop, and it was unlike anything I had ever experienced. I cannot wait to be in

the physical presence of my beloved friend again!

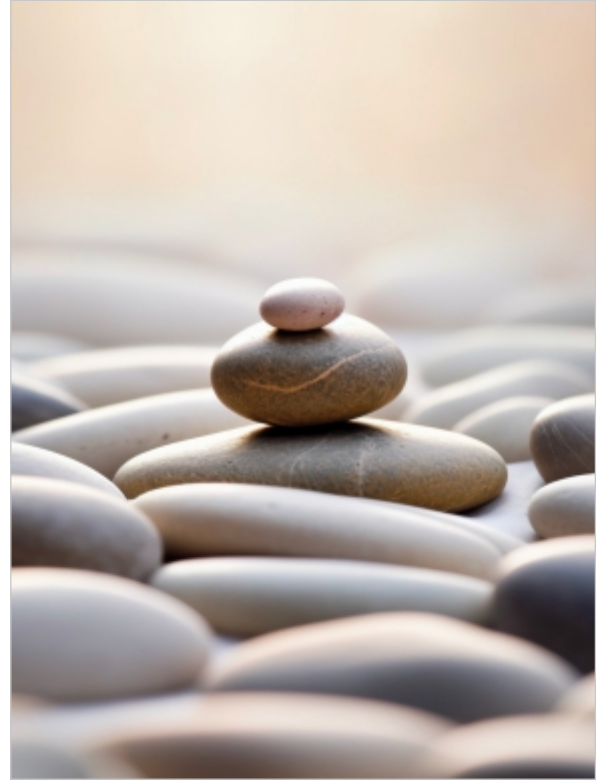
Q. What teaching of Dada has stayed with you as a guiding principle? What is the teaching you would love for all young people to understand?

I particularly love the following quote of Dada, "Peace within me is Peace within You, Peace within You is Peace within Many, Peace within Many is Peace in Nature, Peace in Nature is Peace in the World" To me this is a nice guide to the angst filled question, "How can I change the world? I am just one person!" The answer is simple, change yourself to change the world. It makes that task seem so much more manageable! It's been a guiding principle for me and one I would really love for the youth of today to understand. The youth feel lost and have a lot of anxiety. Of course, there's the anxiety and angst of growing up which we all experience. I feel like in today's age it is so much higher than it ever was. The youth are exposed to so much stimuli which most seem unable to handle properly. It would be nice for the youth to understand more clearly that the best way to tackle this stress is to change yourself internally. Once you find peace within, you are going to find peace in every external situation as well. All circumstances and situations around you will become more peaceful and positive.

Maitri Light Heals

My son, Mihit was detected with dengue. As his fever went up to 104 degrees he requested for Maitri Light and received it. The following day some tests were run wherein his platelet count was low while some other values were above normal. The next day, the doctor read Mihit's report and was surprised to see that he was in a much better shape clearly contradicting what the reports stated. I know, it was Maitri Light that worked for him. Thank you, Dada. Please accept my humble gratitude!

CHARULATA MUNDADA



By my Side

My experience of Maitreya Dadashreeji is difficult to describe in words as I feel it in my heart. Once connected with Him through guided meditation I saw the Love in His heart and eyes; I take Him everywhere in the form of my Divine Light. He goes to gym with me too. My trainer calls Him 'Indian Jesus'. I constantly talk to Him, sometimes getting angry with Him. I remember once leaving Him in the car because I was mad at Him! No matter what, I know in my heart and soul that He is there, just like my Maa Durga. I have completely surrendered to Him. My prayer is to tune into Him in a better way and follow His guidance. I can say with conviction that Dada takes care of all who open themselves to His Grace. Through rain and shine He will always be by your side!

Asha Goenka

In Divine Care

My journey with the MaitriBodh Parivaar started in 2019 - in my search for answers to questions I have had for some time now. My questions were vague and I had difficulty explaining those to anybody. I would wonder repeatedly, 'Who am I?' and, 'What am I doing here?' What was the motive force driving life and existence? A trained physiotherapist, I had a special interest in Neurophysiotherapy and worked with many patients with stroke and spinal cord injury; in such cases science has no definite solution in terms of restoring mobility and control over the affected limbs. We leave it on the body's natural healing powers to recover with physiotherapy and rehabilitation. I could not fathom how this would happen on its own?

Then, I happened to meet someone from the MaitriBodh Parivaar who shared with me about Dadashreeji and the Parivaar He had founded; I was curious to hear more about Him. It was at this time that my mother who had been visiting had a heart attack; the same Parivaar member selflessly gave food and Maitri Light to my mother for her recovery. I was so grateful and was filled with hope and love despite my mother being in the hospital.

During my mother's hospitalization, I received a bill of an astronomical amount of GBP 11,000 for her treatment. A voice within told me to question that; I followed the voice and emailed the hospital to review the bill to which they replied apologizing for a coding error and amended the bill to less than half the previous amount. This confirmed to me that God/Divine listens and He helps in ways your mind will never be able to comprehend. Further, to our surprise my mother recovered enough to travel back to her hometown for further management.

Subsequently, I listened to Dadashreeji's message on 27th December 2019, and every word of His struck a chord with me. I had tears listening to Him as if He knew what I was searching for and spoke like it was meant just for me. The rest is history as I registered for the Bodh series of programs. I absolutely love Dadashreeji's teachings because they are so simple yet profound and easily manageable in my daily life. My experience of the Bodh programs has been incredible. I feel free and my questions have dissolved. I have got my answers in ways I could not have imagined. I have no fear of death now as I understand that the body dies but my soul is eternal; no fear of any kind with the Divine being my friend and loving me like my mother. Dadashreeji has anchored me and I know I am never alone and my Divine Friend will always be by my side to help me grow and be a better version of myself. I have challenges in my life but now I have the courage to face them, experience any situation fully - be it pleasant or unpleasant. I have stopped labeling things and people and just see it for what it is, an experience and nothing more.

Anonymous

Maitreya or Kalki – The Divine is here!



Sanjiv Sadashiv Mulgaonkar

At the entrance, we saw a board indicating that inside, besides other temples, there was a temple of 'Maitreya Buddha'. The word 'Maitreya' is close to our heart and with great expectation I struggled up the winding slope to reach the temple.

The temple contained a unique statue of Maitreya Buddha (49 ft tall), covering two stories of the building. Maitreya Buddha is portrayed as seated in the lotus position. It is the largest Buddha statue in the monastery, and took four years in the making. As we entered, we reached the highest floor and there was this large, serene, beautiful face of Maitreya Buddha right in front. The statue is a real piece of art, embellished with gold and precious jewels.

What immediately struck and gave me goosebumps was that the serene smiling face of Maitreya Buddha, resembled the face of Maitreya

Dadashreeji and I could see a reflection of my Divine Light smiling back at me. As I watched the face with respect, the peace, compassion and the naughty smile of Maitreya Dadashreeji got reflected, almost expressing subtle amusement at my bewilderment. A lone monk was circumambulating the statue and the bliss around the place was absolutely like what we experience at our own ShantiKshetra Premgiri Ashram. This was indeed a high point of the visit and I experienced immense peace and internal satisfaction.

Who is Maitreya Buddha?

I came back to our hotel in Leh and started reading on the internet about the Maitreya Buddha. According to Buddhist literature, Maitreya Buddha or Metteyya Buddha (Pali), is regarded as the future Buddha who is yet to appear in this Age. In various Buddhist Sutras such as Amitabha Sutra as well

I had gone for official work to Leh and before departing I had decided to visit the Pangong Tso lake. But, due to heavy snowfall I had to abandon my trip to Pangong lake and the driver suggested we go to the Thikse Monastery near Shey in Leh. Thus, without knowing what to expect, we went to the wonderful, picturesque Buddhist Thikse Monastery which is atop a hill.

as the Lotus Sutra, Maitreya Buddha is believed to be called as Ajita.

Maitreya, the Buddha of the future, will be born to teach enlightenment in the next age. He will appear in the world when the human race reaches a progressive devolution and when society is on the verge of break down. Maitreya's teachings will be focused around re-establishing dharma in the world and He will come out with interpretations appropriate for the time. On account of His enlightenment and relinquishing any sense of personal self or ego, Maitreya is poised to teach self-realization, as well as right action and right relationship, or the Dharma.

Some believe that the Kalki Avatar in Hindu scriptures and the Maitreya Buddha in Buddhist scriptures is one and the same. When you relate all this to our own Maitreya Dadashreeji, His mission of

Musings

Transformation, His message of Unconditional Love and Selfless Service to humanity, does it not give us a surreal feeling?

If this is all true, how fortunate are we to be in connect with the Divine, while the world has been waiting for Him for centuries! Was my visit to the Thikse Monastery a coincidence or was I led here by the Divine? Was the first heavy snowfall in the mountains at Chang La Pass, which prevented me from visiting Pangong Lake meant to divert me to the Maitreya Buddha and hint at the connection between Maitreya Buddha and Maitreya Dadashreeji?

By Divine Grace, did I visit our Maitreya Dadashreeji's temple in Ladakh?

I can only say, Dadasharanam! Heartfelt Gratitude!





An Ode to the Maitreya

We first met in 2017 when I stumbled onto the place, I now call home. All it took was one look and a smile from You for me to love You.

In that moment, time stood still as my heart burst with unconditional love. Your love shook me to the core. It woke me up from a deep slumber, as if I had been sleepwalking through life. Meeting you is the defining moment in my life. There is a 'me' before meeting You - covered in grey soot and living in the shadows, and a 'self' after meeting You - drenched in starlight and living in the nautical twilight.

The greatest gift You have given me is to make my life worth living. You have gone from living in my heart to becoming my heart. You are the mitochondria in my cells, breathing love and energy into my being. I do not know where You end and where I begin.

Our souls, so deeply intertwined, that Death would bewail at the thought of separating us. I have spent a lifetime, probably more, looking for the love I have found in you. Thank you for being my guide, my mentor, and most of all, my best friend. It has been an honor to know You, to love You, and to be a part of the universe reflected in Your eyes.

Pirojaa Deshmukh

Maitri Mahotsav – Global Maitri Festival

Launch of Chinta Mukh Bharat 2032

Maitreya Dadashreeji promises to empower Bharat on the spiritual plane. The MaitriBodh Parivaar makes history with the launch of a unique initiative – CHINTA MUKH BHARAT 2032, in the presence of over 6,000 people and 300-odd dignitaries at a mega-event, Global Maitri Festival 2023 at Mumbai on 27th December 2023 which is also the Maitreya's birthday. A special mention, vote of appreciation and support for this transformative project was made by Hon. Chief Minister of Maharashtra, Shri Eknath Shinde ji to The MaitriBodh Parivaar and the founder-visionary, Maitreya Dadashreeji.

With the vision of freeing all individuals of stress and worry through mental and spiritual empowerment, this initiative will act as a catalyst for Bharat becoming the spiritual epicentre of the world, a Vishwaguru in the truest sense. The highlight of the evening was Maitreya Dadashreeji simplifying spiritual concepts, sharing the true miracle of Inner-Transformation, and guiding us to choose personal experience over mere acquisition of spiritual knowledge. For the year 2024, Maitreya Dadashreeji has urged humanity to choose Transformation to sail through the coming tough times with ease.

Guests from varied segments of society joined hands to welcome this new dawn for Bharat. Kajal Aggarwal, Smita Jayakar, Anita Dongre, Padma Shri. Bhawana Somaaya, Rajiv Khandekar, MLC Niranjan Davkhare and many more lent their support for this humanitarian mission. A stress-free life has now been made a reality.





Soul Nourishing Retreat

The Soul Nourishing Retreat, a transformative program held over three days at the ShantiKshetra Premgiri Ashram, in Karjat from 28th December to 30th December 2023 was attended by over a hundred participants from the USA, Germany, other European countries, the Middle East, Malaysia, and India. The session unravelled the intricate connection between the five elements of Creation—Earth, Water, Fire, Air, and Space. These elements also form the structure of our body and mind.

During the program, the participants gained valuable insight into the following, viz.,

- Understanding the purpose of each element.
- Understanding the impact of any imbalance among the elements (resulting in suffering and disease). How to redress the imbalance for a positive impact on life.
- Undergoing specially designed meditation processes and physical exercises to connect, experience, and realise these elements, thereby restoring balance, empowering, and transforming one's life.

On the last day of the event, the participants were blessed with a darshan of Maitreya Dadashreeji while He was in a state of deep consciousness, an experience as rare as it is profound, infusing the participants with His Love and Grace.





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.

*“Your one true
connection is only
with the Divine”*

Maitreya Dadashreeji

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