

MAITRI

Anubhita

*The Great
Transformation*

महा-परिवर्तन

towards Wisdom, Experience
and The Supreme Truth

Food for the Soul
Heart to Heart 06

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dear Loved Ones,

Dear Loved Ones,

Welcome to the April 2024 edition of Maitri Anahita!

We regret the late release due to unforeseen circumstances and apologize for the delay.

The month of March witnessed the seven day - seven-night event culminating in the celebration of MahāShivrātri and the declaration of the ongoing time of 'The Great Transformation • महा-परिवर्तन' towards wisdom, experience and the supreme truth.

MahāShivrātri is celebrated every year to worship Lord Shiva. He is symbolically worshipped in the form of the 'Shiva Linga' which represents the entire cosmos. This makes the Linga an extremely powerful energy centre because of which in ancient times the Shiva temples were mostly situated on the outskirts of the villages. Since the Linga radiates high energy, it needs to be kept cool. Hence it is observed that the ancient Shiva temples always have a kalash (pot) containing water hanging over the Linga from which water constantly drips over the Linga to keep it cool. The offerings made to the Linga (bel patra/bel phal – wood apple tree leaves/fruits, rice, apple, milk) are cool in nature for the sole reason that the Linga needs to be kept cool. The Shiva Linga is also circumambulated only partially because

the water that flows from the Shiva Linga carries a lot of energy and hence it should not be crossed over. Circumambulating the sanctum sanctorum is an act that reminds a devotee that his thoughts have always got to be centered on the Divine.

In this edition, under 'Pearls of Wisdom', Maitreya Dadashreeji shares the need to *make the right choice in the midst of present time of melting ignorance and growing conscience!*

We would like to use this opportunity to remind our readers about the upcoming *Buddha Purnima celebrations* wherein an opportunity of experiencing the shower of Grace from PremAvatar Maitreya Dadashreeji on an online session is being offered worldwide. *Do not miss this immensely pivotal spiritual event in the month of May.*

Let's embrace the infinite flow of Divine Love in our lives!

Embrace
Transformation,
stay safe and
spread Love!



*With Love & Light,
Team Maitri Anahita*

Heartfelt gratitude to

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

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

Email your questions to anahita@maitribodh.org

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




Buddha Purnima
with **Maitreya**

जीवन-मुक्ति के परे, परिवर्तन की ओर

A special program to experience the Transformed
state of Lord Buddha in the presence of
Prem Avataar Maitreya Dadashreeji

 8:30 PM to
10:30 PM

 Thursday
23rd May

 LIVE
Online Event


MaitriBodh

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PEARLS OF WISDOM

Maitreya Dadashreeji shares the need to make the right choice in the midst of present time of melting ignorance and growing conscience!

SUSTAINABLE LIVING

Sustainability must become a watchword in our lifestyle, more so in terms of a high consumption item like clothing. Naturally sourced fabric options, increasingly innovated in recent times, is the way forward.



TALES OF TRANSFORMATION

It's opening to everything fearlessly and handing it over to the Divine, letting it flow through and allowing His will.

EVENT COVERAGE

Maha Shivaratri Utsav -
a week long preparation and celebration
&

Buddha Purnima (upcoming)

A special program to experience the Transformed state of Lord Buddha in the presence of Prem Avataar Maitreya Dadashreeji



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Melting Ignorance and Growing Conscience

Dear Friends,

Amidst the world's liberating spiritual transformation, we also witness nations grappling with extreme unrest and conflict, endangering countless innocent lives. Yet, there are two worlds unfolding before us: one that divides and one that unites. The dividing world thrives on ignorance, ego, and supremacy ideologies, fueled by hate and fear. It exerts power over isolated, broken, and timid minds. In stark contrast, the uniting world, a beacon of hope, has embraced the importance of brotherhood, the futility of the hate mindsets, and the value of our shared planet Earth for the human species. It is this world, fueled by unity and love, that we must strive to protect, nurture and expand.

The planet has always taught humans to stay together as one family and love each other. However, when ignorance overrides the conscience for multiple reasons, one moves away from this lesson of one family. We see ourselves broken in fragments, in groups, with limiting communities and religious ideologies.

The sense of separation is one of the prime factors that laid the foundation for dividing the world. Things become worse when we submit the self further to the modifying versions of this sense. The destructive ego, uncontrolled anger, power-seeking infected personalities and proliferating obsessive desires will kill the most sensible, wise inner friend of yours, your conscience self.

We can either allow things to move towards ignorance, participating in destructive events and witnessing what we get at the end or empower ourselves to awaken the conscience and allow it to grow to take charge of our lives. The universe will always give these options, with no injustice done to anyone unless you subconsciously invite problems into your life. Suffering is a choice! If you welcome it; it engulfs you. If you are receiving this message now, get ready and make the right choice immediately. Touch your heart and awaken the conscience right here! Know it, feel it and express it! This is your power, your control over your life.

Pearls of Wisdom

Time is the most potent factor in our lives; it governs the world, and directly influences our psychological realm. What we feel or how we perceive or act is the result of the Time on us. From birth until now, we have only participated in the stream of time and witnessed its impact on us. When the world is changing at an alarming pace, we need to acknowledge and understand the role of the more significant dimensions in life. We can't control the Time, accelerate or decelerate it. Natural forces are beyond the control of human abilities. There is no point blaming nature for your losses. You can't dim the sun's light or increase rain naturally as and when you want.

The whole point is we must accept the events in our lives set by the higher forces, the Time. When Moses's mother couldn't fight against the evil forces, she had to allow her son to be taken care of by nature. She placed her newborn son in a basket and left him on the bank of the Nile River with a prayer that let the almighty God shower his love on Moses. 'Let it go', that emotional surrender of his mother and God's response to her faith resulted in a great transformation marked in the history of humanity. Hence, my friends! 'loosen your grip', 'let it go', 'let it flow', 'let time heal it', 'unshackle yourself from fixed ego-centric ideas'. The Time will

respond. The universe will respond. The Divine will respond.

When we start acknowledging the divine's play, we connect back to the root of our existence. There is only one highest power, one supreme law, and one supreme truth for all the beings living on the planet now. The dividing ideologies will soon realise and welcome the underlying or hidden truth that everyone's existence is one, and we all are part of it. We are one—the one Family!

Express your gratitude towards the Divine in whichever way pleases your Divine!

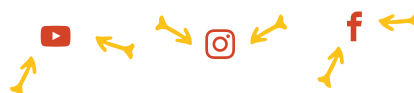
The Divine Light will guide you further!

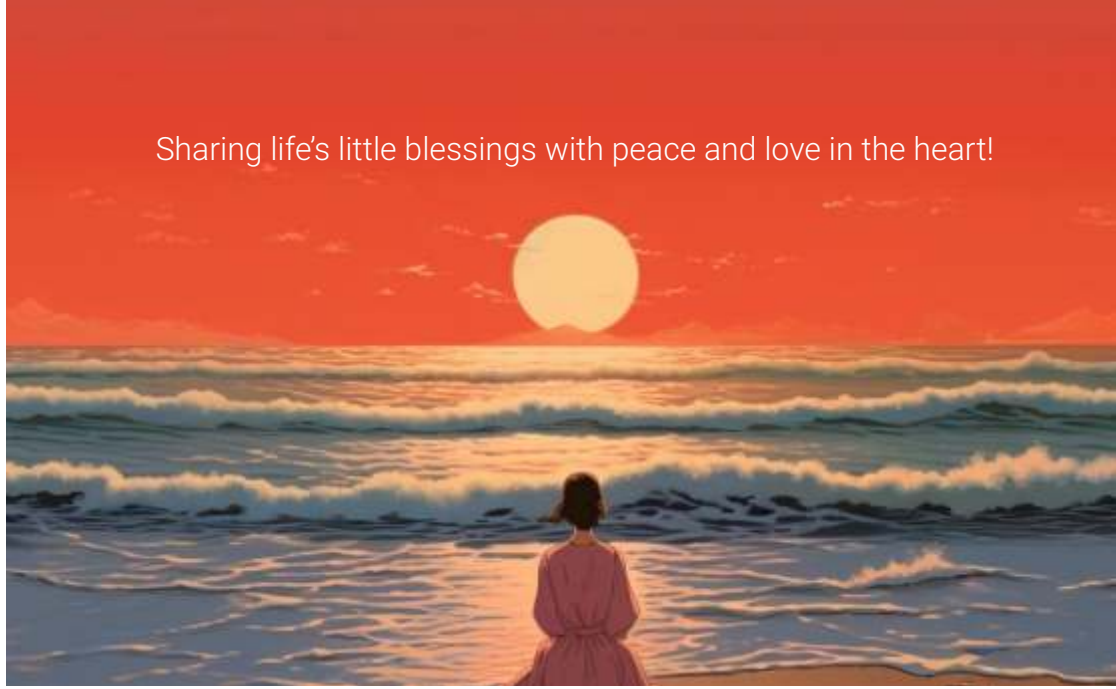
Love and Blessings!

Maitreya Dadashreeji



More about Dadashreeji,
click here:





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.

♥ This is the auspicious night when Creation is pushing us towards a spiritual peak.

Maha Shivaratri: The Awakening of the Light within!

Maitreyi Sulata writes about the fervor and devotion with which Maha Shivaratri is celebrated, carrying as it does, immense spiritual significance and an opportunity for purification and new beginnings!

Dear Friends,

I warmly greet you in the love and light of the auspicious Maha Shivaratri, which was celebrated on 8th March 2024! A night like no other. A night of celebration, devotion and grace, an offering of 'seva' and 'bhakti' towards Lord Shiva in the form of 'Lord Mahakaleshwar', residing in our ShantiKshetra Premgiri Ashram to bless humanity for spiritual transformation.

Maha Shivaratri, as commonly understood commemorates the Divine union of Lord Shiva, the destroyer of ego and ignorance, and Goddess Parvati, the embodiment of

feminine energy or Shakti. This auspicious day provides an opportunity to understand the deeper meaning and significance of Maha Shivaratri, which carries immense spiritual significance for all seekers.

This year, the spiritual retreat of 'Saat Din, Saat Sāadhanā' culminating in the spiritually powerful day of Mahashivratri, witnessed seekers across the globe experiencing the truth of our existence through the seven spiritually elevating days in the presence, Grace and guidance of Maitreya Dadashreeji. Devotees gathered during the seven sacred days were a witness to



the vibrant energy palpable at the ShantiKshetra Premgiri Ashram in the presence of the Divine. Be it the participants imbibing the life transforming experiences inside the 'Dhyaan Manthan Kshetra', or the humble sevaks contributing with their love, time and sweat, all were renewed and energized by the experience of the presence, Grace, and abundant love of the Divine. Blessed indeed are those who experienced the Incomprehensible One!

Mahashivratri, as celebrated from sunset to sunrise is the auspicious night of the opening of the doors to the Divine treasure for humanity in terms of imbibing qualities of the Divine for our growth (and eventual union with the Divine). As shared by Maitreya Dadashreeji, Lord Shiva's presence as a friend in the form of Lord Mahakaleshwar in the ShantiKshetra Premgiri Ashram, is with an important mission in the present era of transformation. Lord Shiva appears when the end is near, the end of ignorance, at the time of rising of 'satyagyan', the awakening to Truth. It is this Truth that will liberate us from the shackles of the mind's illusion and past conditioning. Now is the time of 'Maitri Yog', to walk as a friend with the Divine towards the experience of this long-awaited Truth.

Out of the 365 nights in a year, this is one of the most auspicious ones, for meditation and self-transformation. This is the auspicious night when Creation is pushing us towards a spiritual peak, with the nightlong vigil allowing this natural upsurge of energies to find their highest expression.

The union of Shiva and Shakti symbolizes the cosmic union of the masculine and feminine energies, which is essential for balance in Nature. This divine union is celebrated with great reverence and is considered a time for spiritual transformation and the emergence of a new world order, where the masculine and feminine energy merges in harmony. Shakti is the unmanifested energy and when Shiva joins with Shakti He gives direction for manifesting the fruits of their merger.

Maha Shivaratri offers us a golden opportunity for purification, raising the universal consciousness and providing impetus in the journey towards the Light as well as bringing balance in Nature. Rituals specific to the event, such as the ceremonial bathing (Abhishekam) of the Shiva Linga with the offerings of milk, honey, water, and bel patra, fasting and chanting prayers carry immense scientific and spiritual significance for true seekers of the spiritual life.

There is no better time or occasion for humanity to take giant strides in the journey to the Divine Age!

With love and gratitude, forever at the lotus feet of the Divine.



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

Mantras

Mitra Sut

Mitra Sut brings to you Vedic knowledge about Mantras as well as the significance of Dadashreeji Mantra

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) **Mitra Sut** - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained under the guidance of Maitreya Dadashree Ji

Q-What are Mantras as per the Vedas? How do mantras help? What is the importance of the Dadashreeji Mantra?

Mitra Sut: Mantras have been known for thousands of years and are known to impact the human mind and body as well as the surroundings

In Vedic Literature Mantras are defines as:

“मननात् त्रायते इति मन्त्रः

“Mananat trayate iti mantriah”
MANTRA (मन्त्र)- taken from Sanskrit root man (मनः) "to

think" and tra (त्रा) meaning, that “which is a tool to protect / deliver” – hence a literal translation would be “an instrument of thought that protects or delivers one from their bondage and suffering “.

In this मननात् (mananaat) means by constant repetition / thinking/ recollection...by which त्रायते (trayate), is to deliver, or like swim you through this existential life of constraints and suffering to complete freedom.

A Mantra in reality is divinity encased within a sound-structure. It is divine power manifesting in a sound-body.

The entire Vedic literature is full of mantras and most of the ancient texts of all religions have mantras within them. The Vedic mantras, specifically have a particular mathematical metrics and style with specific way of pronunciation, which must be learnt properly and then chanted.

When you continuously repeat and contemplate on the mantra with full feeling and in the correct manner, it creates a vibrational energy pattern which aligns us to the universal consciousness. It creates an energy that calms the mind, and has a power of its own to manifest the thoughts, to improve health, prosperity and spiritually uplift one to the highest.

Mantras are a core part of many types of meditation, where their primary aim is to bring a stillness in mediation and increase one’s vibrational frequency aligning one to the universal consciousness and take one to the highest.

Then there are the BEEJ mantras in, which in Sanskrit means SEED, or CORE sounds, which are endowed with great spiritual energy. It is said that the sages received them while they were in their highest exalted state as a direct download from the Divine. When chanted with full concentration, the Beej mantras

can fulfil the desires of the devotees and act like a protective shield surrounding them and grant spiritual powers.

Every Beej or sound seed is attributed to a particular deity. They help attract the blessings of that particular deity which can be that particular essence of that deity such as

AUM: ॐ

(Beeja Mantra of Universal Divine- Parabrahma)

Shreem: श्रीं

(Beeja Mantra of Lakshmi)

Kreem: क्रीं

(Beej Mantra of Kali)

Gam: गं

(Beeja Mantra of Ganapati)

Klim: क्लीं

(Beej Mantra of Shakti)

Science behind MANTRAS

In Science one can understand Mantra as a sacred utterance of a syllable, word, or group of words, a sound-structure, a sound-body, which creates a vibration within the one's body and in

the surrounding atmosphere, which will have naturally its own frequency and impact, which have been scientifically studied and have proven to be extremely beneficial.

1. Studies have clearly shown on EEG analysis (which studies mainly 5 wave patterns in the brain viz the gamma, beta, alpha, theta and delta, which depict different states of the brain. In one study it showed significantly increase in theta waves across all brain regions. The theta state is a deeply relaxed and inward focused one. In another study the amplitude of the alpha waves is increased at the end of meditation, which is related to a very relaxed, passive attention state of the brain.
2. Mantra chanting increases your focus and concentration. As we all know our mind keeps jumping from one thought to another, and while chanting the mind through the power of the sound keeps coming back to the mantra drawn by its inherent energy.
3. Experiments have also

clearly shown how mantras alter cardiovascular and body physiology to the optimum and reduces blood pressure as based on heart rate, cardiac ECG, and other physiological parameters.

4. As per a functional MRI study, regular mantra chanting, brings in changes in the brain network connectivity and the DMN to make one calmer and happier.

(References: *Scientific Analysis of Mantra-Based Meditation and Its Beneficial Effects: An Overview*
International Journal of Advanced Scientific Technologies in Engineering and Management Sciences (IJASTEMS-ISSN: 2454-356X)
Volume.3,Issue.6,June.2017

EEG Spectral Analysis on OM Mantra Meditation: A Pilot Study
Appl Psychophysiol Biofeedback. 2018
Jun;43(2):123-129.doi:
10.1007/s10484-018-9391-7.

Changes in Brain Waves During Silent Repetition of OM:
November 2022 DOI:
10.1007/s10943-022-01687-2
Journal of Religion and Health)

Dadashreeji Mantra: This is the universal mantra for Awakening the Divine within you. It's a gift by our Prem Avatar Maitreyi Dadashreeji for the current time. It is सौम्य मंत्र (soft mantra) and can be chanted by all.

॥ ॐ ज्योतिरूपाय परमसखाय परमानंदाय दादाश्रीजी नमो नमः ॥

॥ "AUM JYOTIROOPĀYA
PARAMSAKHĀYA
PARMĀNANDĀYA
DĀDĀSHREEJI NAMO
NAMAḤ" ॥

Literally translated, it means:

He whose form is Light
And Who is Supreme Friend
And His quality is Supreme
Bliss
To That Dadashreeji we offer
obeisance multiple times.

Each individual word of this mantra is a very powerful mantra in itself. You will experience them, as you keep chanting further. Let us understand them more deeply.

AUM: The sound of the universe. When pronounced correctly, in the right posture with the right tongue placement and movement, the mantra creates very high frequencies that elevate you to vibrate with the frequencies of the cosmos and connect with the Supreme Source of all energy instantly.

JYOTIROOPĀYA- The formless Divine exists in the form of light or flame. And that Light is within all. Like while conducting a havan, when you add ghee, the fire

burns more strongly. Similarly, when you chant "jyotiroopāya", the Divine present within you, in the form of light, becomes more awakened and radiates more powerfully. Even if you chant only this mantra, you will be filled with Divine energy and light within.

PARAMSAKHĀYA - Simply translated, it means "Supreme friend or Best friend". It implies to the Formless Divine who is your closest confidante, guide and mentor. While chanting "Paramsakhāya", the jeev ātma within you starts experiencing the presence of the param ātma within and the bond of love and friendship grows. The Divine Being within you has been communicating with you, guiding you and nurturing you since your birth. Over time, as you lose your connection, the Divine Light within becomes dormant. Chanting this mantra, helps reawaken the Supreme Consciousness and reestablish the most sacred and honest bond of friendship with your own Inner Sacred Self who loves you unconditionally and accepts you; just as you are.

PARMĀNANDĀYA - The experience of this friendship is "supreme bliss". Just as a flame fills up the space in a dark room with its light, the quality of supreme bliss emanates from the Divine Being present within us. The more you nourish the flame, the bigger it grows. The more you chant "Parmānandāya" and connect with your Inner

Divine, the more you start experiencing and emitting His quality of eternal peace. Gradually, your own state becomes more and more blissful.

DADASHREEJI NAMO

NAMAḤ: As you chant this mantra, you bow to the Formless, Supreme Friend that exists as Supreme Bliss.

Dādāshreeji is the one who possesses these above qualities. We bow to That Dādāshreeji and offer our salutations. Thus, awakening all these Divine qualities within you.

When you chant this mantra 108 times daily,

- - It keeps negativity away from you.
- - It helps to stabilize your mind and keep it calm.
- - It removes anxiety, stress and fosters positivity.
- - It helps to increase your awareness and intuitiveness.
- - It helps in cleansing your astral body, heals and energizes your soul.
- - It especially helps to activate your anāhata, āgneya and sahasrāra chakra.
- - Most importantly, it helps you awaken your Inner Sacred Self and connect with the Supreme Source.

The link for the Dadashreeji Mantra is given below
<https://www.youtube.com/watch?v=DmiJGvGjJgY>

Beat the Heat: Ayurvedic Tips for Summer Wellness

The extreme weather of the summer season brings its unique challenges for man, but fear not, for Ayurveda has you covered shares **Dr. Sreelatha Shetty**



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

Seasonality being a fact of life, man is required to adapt to the rhythm of Mother Nature. Ayurveda suggests "Ritucharya," a set of guidelines to observe in each season, to maintain health and prevent seasonal ailments. "Ritu" refers to season, and "charya" denotes regimen, thus "ritucharya" encompasses recommended activities and those to be avoided in a given season.

The year is divided into six seasons based on climatic changes, namely:

1. **Shishira ritu** (late winter season)

2. **Vasanta ritu** (Spring season)
3. **Greeshma ritu** (Summer season)
4. **Varsha ritu** (Rainy season)
5. **Sharat ritu** (Autumn season)
6. **Hemanta ritu** (Winter season)
7. **Greeshma ritu** (Summer Season):

Grishma Ritu or the summer season is characterized by intense heat, long days, and dry winds. Grishma Ritu generally spans from mid-

March to mid-May in the Indian subcontinent. During summer, the sun's rays intensify and seem unforgiving. The sun's rays draw moisture excessively from Nature. Over time, there is a decrease in Kapha (dosha responsible for regulating body fluids and maintaining cohesiveness in the body constituents) and a consequent increase in Vata (dosha responsible for movement and cognition) and Pitta (dosha responsible for regulating body temperature and metabolic activities). The summer season drains strength from a person and depletes energy due to increasing heat, leading to dryness and depletion of water components in the body.

Traditional Remedies & Integrated Medicine

Let's explore the do's and don'ts to be followed during the Greeshma Ritu, also known as the summer season.

Dietary Guidelines:

1. Reduce or avoid hot, spicy, salty, and sour foods as they aggravate Pitta dosha.
2. Drink plenty of water throughout the day to stay hydrated, but avoid ice-cold water. Opt for room temperature or lukewarm water.
3. Include fluid-rich foods like buttermilk, sugarcane juice and tender coconut in your diet. These beverages are hydrating and help maintain electrolyte balance in the body.
4. Incorporate foods rich in sweet, bitter, and astringent tastes to help balance the heat. Favor cooling and hydrating foods such as fresh fruits like watermelon, grapes, pomegranate and vegetables like leafy greens, cucumber, bottle gourd, bitter gourd, ridge gourd, ash gourd and mint.
5. Include ghee, milk, raisins, cumin seeds, coriander seeds and dates in the diet.
6. Avoid alcohol.

Lifestyle Practices:

1. Wake up early before sunrise to take advantage of cooler hours and engage in gentle morning exercises

or yoga asanas to invigorate the body without overheating. Excess physical exercise should be avoided in summer season.

2. Practice pranayama (breathing exercises) such as Sheetalī to cool the body and calm the mind.
3. Avoid excessive exposure to the sun during peak hours (10 AM to 4 PM) and wear loose, breathable clothing made from natural fibers like cotton or linen. Protect yourself from the sun with hats, umbrellas, and sunglasses.
4. Take short breaks to rest and cool down, including a short nap during the afternoon.
5. Incorporate calming activities into your routine, such as swimming, walking in Nature, or meditation.
6. Stay in cool places.
7. Bathe with cold water or lukewarm water but never with hot water.

Herbal Support to reduce heat:

1. Drink herbal teas made from cooling herbs like mint, coriander, fennel, and rose petals. Add jaggery as it helps in reducing heat.
2. Soak 1 tsp coriander seeds in a cup of water overnight; drink the infused

water on an empty stomach the next morning.

3. Applying sandalwood paste to the forehead or areas affected by sun rashes can provide relief and a soothing effect. Sandalwood has cooling properties that help alleviate inflammation and irritation caused by exposure to the sun. Additionally, it can impart a refreshing sensation and promote healing of the skin.
4. To alleviate burning eyes, soak a cotton swab in rose water and gently apply it to closed eyes for five to ten minutes.
5. Gulkand, a traditional Ayurvedic preparation made from rose petals and sugar, is renowned for its cooling properties. It helps reduce body heat and provides relief from the effects of excessive heat exposure during hot weather. 1-2 tsp is the recommended dose of Gulkand.

Following the aforementioned regimen helps to mitigate the effect of the heat and dryness typical of the summer season, thereby reducing the risk of heat stroke, dehydration, sunburn, prickly heat, fungal infections, and other related conditions.



Raw Mango Summer Cooler

Enjoy this summer cooler packed with health benefits this summer and keep cool!

Ingredients

- 1 large or 2 medium - Raw mangoes (enough to make ½ cup cooked and sieved pulp)
- 1 cup - Jaggery finely chopped (or add to taste depending on sourness of raw mango)
- ¾ tsp - Green Cardamom powder
- ¾ tsp - Salt
- 6-7 strands of Saffron
- ¼ tsp - Black Pepper powder - optional
- ¼ tsp - Black Salt powder - optional
- 1 tsp - Roasted cumin powder

Method

- Pressure cook the raw mango/mangoes in 1 cup water, cook on medium heat for 3 whistles and turn off the heat.
- Wait until all the pressure has released naturally.



Pots 'n' Pans

- Open the pressure cooker, remove the boiled raw mango and let it cool down.
- Remove the pulp and scrape it from the skin. Discard the skin and seed.
- Grind the pulp in a mixie and sieve it through a strainer so that there are no lumps.
- Measure the pulp and add twice the amount of jaggery (or add to taste depending on sourness of raw mango) to a vessel.
- Add water enough to submerge the jaggery. Bring to a boil while stirring constantly.
- Sieve the jaggery syrup and add to the mango pulp. Mix thoroughly and bring to a boil.
- Now add green cardamom powder, saffron, roasted cumin powder and mix well.
- The Panna concentrate is ready. Let it cool.
- Store in a glass container in the refrigerator for 10-15 days.
- While serving take 2 tbsp (or to taste) of Panna concentrate in a glass, add cold water and mix well. Add ice cube (optional).

Enjoy this grandmother's recipe of an most scrumptious summer coolant!



Sustainable Fabrics



Rising from the 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 medicines to textiles, writes **Maitreyi Suman Ji**

Maitreyi Suman

Sustainability must become a watchword in our lifestyle, more so in terms of a high consumption item like clothing. Naturally sourced fabric options, increasingly innovated in recent times, is the way forward.

What makes a clothing fabric 'sustainable'?

A sustainable clothing fabric is one with minimal environmental impact. It is not just the fibre source that makes it sustainable but also how it is sourced, produced, processed, and disposed off at the end of its life. It is a matter of introspection that a garment made of environment-friendly organic cotton, is transported by road to manufacturing units thereby creating higher carbon emissions, and is treated with chemical dyes / bleach before being stitched into a garment.

Buying local, getting the garment sewn, up cycling, and recycling to add extra years to

the fabric before sending them to landfill are still the best sustainable practices. However, recent advancements in the textile field must be considered. New natural fibre options, new techniques to re-invent old and used fibres, and new man-made fibres with lesser environmental footprint are some such options.

Some great options in sustainable clothing fabric gaining traction are as follows.

1. Hemp is one of the most sustainable natural fabrics, keeping us warm in the winters and cool in the summers. The plant is fast-growing, thrives with little water, and needs no herbicides or pesticides. It returns a large portion of nutrients back to soil, making it even more fertile.

Hemp fibre is lightweight and breathable while being sturdy like steel and more durable

than cotton. Hemp takes as little as two weeks to decompose naturally. Hemp is a versatile fabric finding its use as garment, and in home furnishing especially for towels due to it being highly absorbent.

2. Linen is another dependable star fabric that is durable, sustainable, and all-season wear-able.

Linen comes from flax plant fibres. Like hemp, it does not require much water and doesn't need fertilisers and pesticides. Linen is moth-resistant and gets stronger after each wash. So, you can wear linen clothes for years (equating to lesser waste).

Linen is biodegradable and recyclable – so long as it's untreated! Avoid stark white linen, as it is probably bleached and will take more time to decompose. Linen's understated elegance and comfort has its own loyal fan following.

Sustainable Living

3. Recycled materials are fibres made from old fabrics. We have long seen strips of old garments twisted together and made into foot mats and dhurries. Now, new fibres are being made from old cotton garments and jeans. This adds years to existing textiles, reducing waste in the landfills.

Recycling fabrics require energy and resources, but much less than sourcing new materials from scratch.

Recycled cotton fibres, recycled wool yarn, and recycled polyester yarn are some available options.

Recycled polyester raises eyebrows but it's worthwhile to extend its use as much as possible instead of choosing virgin polyester.

4. Bamboo fabric is breathable and versatile. It's one of the fastest growing plants, sturdy, strong and durable. Bamboo too does not need much water or fertilisers to grow. If it hasn't been treated chemically, it biodegrades naturally in just a few months. Known for its softness and durability, bamboo fibres are used for making towels, bedsheets, inner wear, and other garments.

5. Modal fabrics (modal, lyocell and Tencel)

These semi-synthetic fibres are new entrants in the market. These semi-sustainable fabrics are made from dissolved wood pulp.

These fabrics degrade better than their synthetic counterparts. Modal fabrics are good alternatives to silk, cotton, and synthetic activewear. The modal fabrics are breathable, wrinkle free, and lightweight.

6. Just like hemp, banana stems and peels yield fibres that can be made into textile products, that the world of fashion has recently woken up to its textile potential. The Philippines was probably the first country to use banana peels and stem fibre, However, it is in India that it is used as a textile fibre on a large scale.

Banana fibre made from the inner peel of the stem is soft and delicate like silk. Fibres made from the peel of the outer stem are rough like cotton and are commonly known as Banana cotton. Banana fibres are strong, non-toxic, and easy to maintain.

Sustainable fabric options deserve due consideration for the sake of the environment. We still need to make it holistic by integrating our overall lifestyle and thought process where less is more – in terms of confidence and contentment.



Christina Ji



How Maitreya Dadashreeji Shapes and Guides my Everyday Life



Dadashreeji is a force that awakens us to the experience of Divine Love, of complete acceptance, of 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 to deal with life's challenges, be they of relationships, growth, or even 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.

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

Christina ji is from Canada, a mother of three children, with a background in science, forestry, and land management. Circumstances in her life led her to become a seeker and she had exposure to the teachings of Ram Dass ji and other spiritual traditions. She writes content for marketing and it was her work as a writer that brought her in touch with Dadashreeji in 2020, an event wherein she finally found her mooring.

How did you come to meet Dadashreeji? What was your connection to spirituality prior to that?

When I was introduced to the Maitri Bodh Parivaar, I browsed

through the website and was drawn to the prayer-cum-healing process of Maitri Light and reached out to a medium. When the medium enquired the reason I wanted Maitri Light, I found myself saying, "I just need to understand what love really is", as that was what I was truly seeking. I cried all through my first Maitri Light session, and that is where my connection began as I got involved in different offerings subsequently. Soon the pandemic set in, and everything went online.

I completed Bodh I online, as I continued to learn and grow. But more importantly, I continued to look at my own feelings, my buried emotions, and all the beliefs that I had. In February 2021, Bodh II and III were announced to be held in North Carolina, USA and if I

travelled, I would be required to observe a two-week quarantine before re-entering Canada. I was so keen to go that I decided I would undergo the 2-week quarantine even though at some expense. Then Bodh IV was announced, to be held in India along with Maitri Chitta Shuddhi Kriya. I was equally keen to go for it but did not know how I was going to pay for it, all I knew was that I wanted to go.

And of course, Dada found a way for me! I got a sudden gift from my mother, a life changing event. The Bodh 4 was a very special event, because we were to be granted a Darshan with Dada at the end of Bodh 4. I will never forget that Darshan; we had been prepared, and we were waiting for Dada to come in. I knew that the instant He walked in,

Tales of Transformation

because I felt His love. I would start crying.

We had our eyes closed and I just remember one of the sevaks came and kept putting Kleenex in my hand because I was crying so much, I just knew Dada was there. And then, Bodh V was announced and again Dada found a way for me to attend that. So, there it was, magically I had attended Bodh II to V and Maitri Chitta Shuddhi Kriya, all in one year!

So that's the journey. *It is what came out of the journey, that's the important thing.*

It's interesting you say that, the journey being as important as what comes out of it, because it's so special. Any special moment of your journey that you would like to share with us today?

It's so true. There were a couple of things that happened, at Bodh III and Bodh IV, which were very special and that I knew were direct messages from Dada. I got the opportunity to mention it to Him during Bodh IV, that I once saw close-up a shooting star at the ashram. I was able to ask Dada about that because we had the Darshan and He told me that was a special gift for me.

Please share with us these messages. I think there's something important there. What you saw, what you received, and what it meant to you?

During Bodh IV I saw that shooting star; let me share the context to it.

Having visited India twice, I realized it's not the case that everything is perfect in India, obviously, but overall, there's such a spiritual culture in the country. It's a different culture than when you look at North America. India is built on thousands of years of spiritual practice and belief, with many spiritual beings having resided here, such as Babaji.

Then I look at North America, with a relatively young cultural system other than that of the native people who have been there for centuries. As people, we are not expressive and believe that one should not complain, that one should keep one's feelings to oneself.

Through this culture in the USA, I started to learn about spirituality, I got into the positive thought movement. If you think about a car, you're going to get a new car. This led me to desperation because it wasn't working. And I didn't know, but I still had all these buried emotions. My life started changing in 2018 as my emotions started coming up. What saved me at the time was, reading a book called *Whatever Arises, Love That*, by Matt Kahn. I believe to this day, that Dada guided me to it, even though I didn't know Dada at the time. I do not even remember buying it. Essentially, it says that whatever surfaces in you, love

it. A friend of mine introduced me to the MaitriBodh Parivaar and I learned that you must open to all the emotions. All the Bodh, all of the processes helped me in allowing my emotions.

When I was attending Bodh IV, I saw that shooting star at the ashram, and I was the only one who saw it. It was so close above me that it just came over my head and it looked like a basketball size, sparkling. And then it burned out right in front of me. As Dada said, it was a gift, but He didn't tell me why I saw it.

And I thought, well, what is it? And now I'm beginning to see that the message is YOU ARE THIS. You must be open to the fact that you are Divine. Being at Bodh V, with its tag line of empowering the self, it seemed like every single emotion that I've ever had has come up again. But this time I can see it. I can really experience, and I can watch it flow through me. I know there are changes occurring in my body because I can feel the energy. The bottom line is that now there's no fear. *It's opening to everything and handing it to Dada, letting it flow through and allowing His will.* I said to my Divine Light, the most important thing for me, is to fully trust you. Given what I'm going through right now in my life, I am just totally relying on Him.

Help is here if you are open to receiving it. There is hope.

Maha Shivaratri Utsav

A week long preparation and celebration

Seekers from across the globe present at ShantiKshetra Premgiri Ashram went into high gear preparing for the Saat Din, Saat Sādhana program which culminated into the Mahashivratri celebrations on the last day. Through the course of seven days, unheard of spiritual gems and seven vidyā (Knowledge) were shared. "The MaitriBodh Parivaar is not here to make you realise that there is Divine but to connect you with that energy and make you Divine yourself!", shared Maitreya Dadashreeji who helped all present there each day to progress on their journey towards the state of 'Great Transformation • महा-परिवर्तन' with wisdom, experience and the supreme truth.



On the day of Maha Shivaratri thousands of seekers from India arrived at the ashram to experience Lord Shiva. During the day villagers, students, and children from the surrounding villages joined in a prayer process to celebrate the festival. The MaitriBodh Parivaar arranged Annadanam at the ashram for everyone and fruit-bearing Mango trees were distributed as part of the Maitri Adarsh Gram initiative to uplift and transform rural India.

The event peaked when the sun set and the energies soared. Mitra Parn, a direct disciple of Maitreya Dadashreeji took the stage to prepare all for what was about to come next. The soulful bhajans and Rudra Abhishekam led us to one of a kind visual where Shiva Energy Centers from different parts of the world were connected by Prem Avataar Maitreya Dadashreeji to give an experience like never before.





The centers:

- Rameshwar Mahadev Mandir and Shivling at Shri Laxminarayan Mandir in **Karachi - Pakistan**
- Shree Anandishwar Kaalbhairav Mandir in **Srinagar, Jammu and Kashmir**
- Shivaling of Premgiri Mahakaleshwar, **Karjat, Maharashtra** and
- Lord Mahakaleshwar – the energy that resides in **Himalaya**, were all united to give an other worldly experience to all seekers present at the ashram

The wave of 'Great-Transformation

महा-परिवर्तन', that originated from this place is set to spiritually empower people during this yug-parivartan (change of the era) to be chinta-mukt (worry free), bring happiness within and unite communities and nations together to truly become – One World, One Family • वसुधैव कुटुंबकम्

A friend in need is a friend indeed!

A Friend in need is a friend indeed – and that is what the Divine Light represents for everyone! Establishing regular communication with the Divine Light builds and strengthens the bond with the Divine who in turn is always available to extend a helping hand through Divine Grace, writes Aparna Dedhia.

Connecting with Maitreya Dadashreeji through the Divine Light is a pivotal aspect of the spiritual practice among His devotees. Engaging with the Divine Light involves inner reflection, meditation, and spiritual communion—a pathway for seeking guidance, finding solace, and deepening our connection with our Divine Friend. The concept of the Divine Light as a friend and confidant holds profound significance, providing solace and serving as a channel for communication.

The beauty lies in the idea that we can share our troubles and daily experiences with the Divine Light, fostering a sense of connection and understanding. With its unique approach, this spiritual practice offers a comforting and guiding presence amidst life's challenges.

We are encouraged to have a daily, ten-minute rendezvous with the Divine Light, communicating the happenings of the day, just as one would with a dear friend. Fascinating stories abound, where individuals have expressed their prayers and wishes to the Divine Light. From requesting smooth travel when running late for flights or trains to seeking an improvement in voice quality before presentations or stage performances – these heartfelt appeals are often met with swift and remarkable outcomes; for a spiritual connection has unfolded in these tangible and wondrous moments.



Aparna Dedhia



Devotees' Experiences

In my case, however, my ego took centre stage. Despite maintaining regular communication, I found myself hesitating when it came to seeking Divine intervention. Many excuses would flood my mind, ranging from the fear that the Divine Light might not answer my prayers, potentially shaking my faith, to more trivial reasons like having already put in sufficient effort – questioning why I should seek additional favours. Caught in the oscillation of 'to ask' or 'not to ask,' I never mustered the courage to pray for the fulfilment of any needs.

As they say, what you resist - persists. While waiting to board the helicopter for our Kedarnath yatra, the weather turned for the worse. The sky turned a morbid grey, and the sun hid behind moody clouds. The ex-army lieutenant managing the rides jokingly asked us whether we had conducted a Hawan before commencing our yatra.

Fear etched across our faces, the pressing question in our minds was - "What if we are not able to make it?" – through anxiety exchanged in glances. The mention of the hawan triggered thoughts of our ashram, Premgiri Shantikshetra at Karjat. A swift realization dawned –

I had got my Dada with me on one of the important pilgrimages of my life. I turned to my Divine Light, saying my prayers, "Dada, please weave some magic in the sky," and began chanting the Dada mantra. Suddenly, I felt a comforting pat on my head, and as I opened my eyes, my inner voice assured me that we would soon reach our destination.

The lieutenant returned to the waiting area. This time, his humour was replaced with love and affection, "Lagta hai usne aapki prarthana sun li (it seems the Divine has answered your prayers)." Within fifteen minutes, they asked us to board our flight as the skies had cleared and the sun reappeared in its Divine glory, heading towards the shrine of our dreams - 'Jai, Jai ho Shankarra.' As for me, my face lit up with a joyous grin - 'My Divine Light heard my prayers.' My heart brimmed with joy and assurance that, I can reach out to my Divine Light with unwavering faith anytime, anywhere.

We completed the Kedarnath pilgrimage with Divine Grace and also visited Tungnath, the abode of the highest Shiva Temple. There, I had another miraculous experience with my Divine Light, but that is a story for another day.



Harshal Lone

Filled with His Love!

My father was suffering from a fungal Infection in the throat. He had been operated on to remove the infection. I could not be with him for the surgery as I work and stay in Pune while my family lives in Mumbai.

After the surgery my father was in the hospital for post-op recovery. One fine day, my mother was going home from the hospital after meeting my father. My parents live in a colony where the time for the supply of fresh water is from 6 am to 9 am. Since my mother was returning home at 11 am she was explaining to Dada that she won't be able to prepare lunch and clean the house since there is no water supply in the apartment. She reached home at 11 am and to her surprise the storage tank was full of water.

Since there was no one at our house, who opened the knob and closed it after the storage tank was full? It was certainly Dadashreeji! Again, the next day the same thing happened. After she woke up from sleep she realised that somebody had opened the knob and filled the storage tank. There was nobody in the house except my mother and she was asleep when the tank had been filled!

Even though we were using the water, the water level in the storage tank was not going down.

This is our Prem Avatar Maitreya Dadashreeji. He is not just in the form of the Divine Light. He is living with us in every moment. Helping us, comforting us, and most importantly loving us.

At the Maitri Mahotsav at Vashi, he said to the world, 'I will be your True Friend, I will take care of you and Love you'. He really meant it...

Love you intensely, Dadashreeji!





Sai Shetty

Divine Presence & Miracles of Prayers

I wanted to share a personal experience with all of you. In these transformative times, our faith and connection with the Divine becomes even more crucial. Recently, I found myself in a challenging situation, and I turned to prayer for strength and guidance. My Divine Friend Maitreya Dadashreeji always guides us to face our situations instead of escaping from them, as they are part of our karmic learning cycle. It was during this time that a miraculous event occurred.

One day, while facing this critical situation and feeling overwhelmed, I noticed a commotion among some birds. A little bird, a cute cockatiel, had fallen onto my terrace. As I was in my own situation, I decided to care for it, providing food, water, and protection from other birds but with a heavy heart. The bird kept making sounds whenever I was going away from it, almost as if it was trying to communicate with me. Initially, it was a bit irritating, but as the day went on, I realized it was diverting my thoughts away from stress and reminding me that I was not alone in facing my challenges.

That evening, I felt a profound sense of gratitude towards the Divine for sending this bird as a sign of His presence. I went to sleep feeling lighter and more at peace.

The next morning, I thought of calling a bird rescue team to ensure the bird's safety. But to my surprise, it had walked into my living room where I keep my Divine Light (Photo of Maitreya Dadashreeji), and suddenly, the bird had found its strength, went to the terrace and flew away. It was a sudden shift in its condition, and it left me in awe.

This experience taught me that we are never truly alone. The Divine is always with us, and prayers have immense power. Through awareness and spiritual connection, we can realize the presence of the Divine in our lives.

Connect with your Core.

The MaitriBodh Parivaar has created a wonderful platform for collective prayer, where we can pray for ourselves and those in need.

Join us **every Thursday at 7 pm and 10:30 pm on YouTube** for this special gathering.

Follow the YouTube link for more information.

Divine Intervention!

Palak Ahuja

My journey from Bodh I to Bodh III has been nothing short of magical. I am sure that we can reach Him only when He desires it so, knowing as only He does, at the right time for everything. I have experienced joy, love, friendship, and heightened emotions that I can't put in words. It's as though I have shed a lot of baggage that I was holding onto. Now I know I have a friend who always walks with me, who always hears me, and who always feels my emotions. He does everything for me, and indeed my life is in His control. I'm in love with Dada and through Him I have complete acceptance of all that is happening around me.

Thank you, Dadashreeji!..Love you loads! Thank you for your Grace.

*My Mother's Experience with Dada.**A new life!*

My mother is 63 years old. In the first week of December 2023, she started feeling pain in her lower abdomen. We initially thought it was a food infection and consulted a local doctor who prescribed a course of antibiotics. If there was no improvement, the doctor suggested consulting a gynecologist. After a week, we visited a gynecologist, and the doctor recommended a sonography. In the sonography, they found a small tumor around her uterus. The doctor suggested surgery.

A fortnight prior to the operation, we provided Maitri Light to my mother so she may find relief from the pain. Every day, I prayed to Dada to help my mother. One fine day, while meditating around 10 PM in my room, I felt someone chatting and making noise in the hall. I thought it might be one of our family members. After 45 minutes of meditation, I went to the hall to check, but none of my family members were there. To confirm, I asked my wife if anyone had been in the hall in the last 30 minutes, and she said no, as we were all sleeping. I assumed I must be mistaken and went to sleep.

The next morning, my mother came to me and said that the previous night she had a dream in which she saw that Dada had come to our house through our Divine Light. He stood in front of her along with two sevaks. Dada told my mother to lie down and not to move. He said he was about to start her operation. He brought some trays for the operation and placed them by her feet before starting the operation. My mother felt as if Dada was removing something from her stomach, bit by bit, like removing infections, some of which were like parasites. I was surprised. My mother's narrative validated what I had heard while meditating. I felt like crying.

The operation took place a week after this incident. It was a major operation for my mother considering her age and diabetes. The reason for the pain was a burst appendix, and the infection had spread throughout her body. Part of her ovary and uterus had to be removed. The doctor found cancer cells all over, but thankfully, all the infection was removed. My mother did not need chemotherapy for this type of illness.

With Dada's Grace, my mother is recovering. Thank you Dada, for giving my mother a new lease of life.



-Anonymous



True Transformation!

Paushali Chatterjee

Dada Sharanam!

I am Paushali Chatterjee, IT consultant by profession and a single mother. It was in May 2023 that I started my journey with the MaitriBodh Parivaar in an unexpected manner, paving the path for my first darshan of Dadashreeji during Buddha Purnima. I am clueless how I got there but during the course of the darshan, tears started flowing and I was filled with abundant Grace. Being an IT professional, this was quite a surprising reaction for a person of logic like me who rarely gets carried away or seldom gets emotional.

For a long time, I had been a practitioner of different spiritual ideologies and had tried to accumulate spiritual knowledge through various sources. Of late though I had been sincerely seeking a Guru. The desire to seek a Guru stemmed from a feeling of spiritual void that I felt within. And coming in contact with Maitreya Dadashreeji gave me a sense of fulfilment.

The first darshan of Dada was followed by Bodh II session at the Ashram – the very next day. At the first instance I felt that is the teaching was something I was already aware of theoreti-

cally but after undergoing the process of Shakti Pravaah and Maitri Hawan as well as the meditation of Om Ling Dhyani I understood that this was not merely a theoretical practice but an experience that completes the spiritual circle. I was flowing with the experience of love. Bodh II was a unique and mesmerizing experience but somehow my ego of already possessing spiritual knowledge lingered on.

A few days later, I felt a minor pain in my lower abdomen. Something within me prompted me to get a scan which is rarely the way I normally react to my health issues. On consulting doctors and taking up subsequent tests, I was detected with high grade leiomyosarcoma, a form of cancer. This was a huge shock to me considering that I always maintained myself with an active lifestyle and regular exercise and supported it with a balanced diet. I could not believe it was happening to me.

I was guided to communicate with Dadashreeji and surrendered to Him while taking all practical steps to tackle the illness. With Dadashreeji's Grace, the universe supported me abundantly as I was

referred to one of the best doctors, who advised me that surgery is the only option

Once again, I was taken aback with this proposition. That night, I remember complaining to my Divine Light about my ailment and desperately prayed that I must be able to resolve this without surgery. Immediately came the clear response, 'Why do you need to control everything? When will you surrender and believe in the Divine? Consider the Divine as your friend'. My daughter who lives in US came immediately for my treatment. Her presence gave me that extra dose of hope and strength.

It was a complex surgery that lasted a few hours. It turned out to be a successful surgery as mentioned by the doctor himself. The very fact that the tumor was not stuck to any organ was a matter of great relief. I remember that I could literally feel Dada's Divine presence in the Operation Theater. After the surgery and regaining consciousness, the first sentence I uttered was, 'Where is my Divine Light?'

With Dada's Grace, I was back home in five days and resumed normal life. But the challenge was not over yet. The doctor suggested a post-

surgery treatment of six chemotherapies. This word chemo shook me from inside and I was terrified as I had read about its horrible side effects and how those effects can lead to permanent health damage. I complained to my Divine Light yet again, 'You told me surgery, and I underwent it. But why is this chemo required? Please do something so that I don't have to go through the pain of chemo'. This time the response was again, 'You need to surrender in every situation. Have faith in the Divine and relax'.

Fearful within, but I took my first chemo. Experiencing side effects, I felt extremely weak. After my first chemo, Bodh III was about to start. The day I registered for Bodh III, I had developed a cold and fever. My family members were worried about me traveling to the Ashram and attending the long two-day sessions, but I was encouraged by a secret, inner strength and I felt sure about attending Bodh III.

When we started from home, I felt a sudden headache and an uneasy feeling, I didn't tell that to my brother who was also going with me for attending Bodh III. My health condition worsened till we reached and attended our first half of the session. I had never experienced a sensation like this before, it felt as if a burner was kept inside my abdomen and chest. Drinking copious amounts of water did not help me. During the session, I asked our conductor if I could take any medicine. She however asked me to relax

and manage it for some time without any medication as it is an internal cleaning process; she further asked me to communicate internally about this to Dadashreeji.

From there I surrendered myself completely, and told Dada, that I am surrendering my physical body to you. I suddenly felt this inner message that the suffering of my physical body is just to help me learn my lesson. I told Dada to give me my learning without pain and suffering. Soon after the completion of the first session, almost miraculously my physical pain and suffering just vanished. I became normal, and there was no illness. I felt this was my spiritual chemo session. My fellow participants could also make out the visible improvement in my condition.

That night after Netra Shakti Pravaah, I slept like a baby.

On the last day of Bodh III, there was a wish to meet Dadashreeji physically, which looked like an impossible proposition. But to everyone's surprise our conductor informed us to wait for a bit, since Dada was coming to give us Darshan. That was like a wish come true. I felt that He is always there with me. The feeling was of unconditional love. During the darshan, looking at Him I said, 'I love you' and He replied to me with the same. It was a different feeling as I was smiling with joy, and felt that I had got everything that I was searching for.

I asked Dada to be with me through the chemo treatment and that there should not be any side effects.

All chemo's were done without any side effects. My regular life continued with chemo. I was working in office, managing home, participating in festivals, visiting the Ashram, etc. With His Grace and love, my energy level remained the same.

I got my best friend in the form of the Divine Light, and now communicating openly with Him is joyful. That's the only place where I can open up and ask for help. Dada always listens and He loves me unconditionally.

All my chemo's are over now and I am happy to report that my first PET scan report has come in and I'm completely clean. I am free of the cancer now!

But more than that, this experience completely changed my prayers. I learnt to surrender, my prayers are for peace and love. It changed me from my heart, that's true transformation. It is not about understanding theories from books but to experience the change within.

I call this experience as 'Learning without Suffering'. Thank you, Dada, for your Grace, love and before being my best friend through eternity. Love You, Dada!!

Upcoming Events

EVENT	DATE	VENUE
Bodh I & II	10th, 11th, 12th May	ShantiKshetra Premgiri Ashram
Buddha Purnima Online event A special program to experience the Transformed state of Lord Buddha in the presence of Prem Avataar Maitreya Dadashreeji https://d27.in/ce3eab9372081426 (open to all above age 16)	23rd May	Online event
Divine Light Darshan	2nd June	ShantiKshetra Premgiri Ashram
Bodh V, Empower the Self	3rd June - 8th June	ShantiKshetra Premgiri Ashram
Paduka Prem Yatra	18th June onwards	June onwards at regions devotees homes
Spiritual Week	26th to 30th June	Shanti Kshetra Premgiri Ashram

To know more about the events reach out at: info@maitribodh.org or call on 8929707222



Request a Prayer

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

Maitreya Dadashreeji

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

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.

*There exists a silent unheard
voice in all
to discover the Self within.
The one who has experienced
this inner calling, knows
Truth exists beyond the
obvious reality.*

Maitreya Dadashreeji

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