

MAITRI *Anaahita*



Guru Purnima

**A celebration of Love,
Surrender and Gratitude**

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dear Loved Ones,

Dear Loved Ones,

Welcome to the July 2024 edition of Maitri Anahita- a celebration of Love, Surrender and Gratitude!

More than half the year has passed in the experience of infinite Divine Grace in our lives. With Divine's love in their hearts the mitras, maitreyis and sevaks of MaitriBodh Parivaar have been relentlessly and collectively working towards establishing Love and Peace in one and all.

This month we celebrate 'Guru Purnima' (Gratitude Day) on 21 July. In this edition, we bring you many interesting articles where our writers, with a heart full of gratitude, appreciate and acknowledge the Divine's presence in their lives.

This entire month, our Maitreya Dadashreeji's blessed Padukas have been travelling to the homes of devotees in the respective regions.

The Divine bond between Dadashreeji and His devotees is evident in the zeal and enthusiasm with which the Padukas are being welcomed into their homes which is synonymic to their beloved Maitreya visiting their homes.

Under Pearls of Wisdom, do not miss the message from Maitreya Dadashreeji given on the auspicious occasion of Buddha Purima.

We warmly welcome you to join us for the Gratitude Day celebrations at various regions and ShantiKshetra Premgiri Ashram, Karjat on 21st July.

Embrace
Transformation,
stay safe and
spread Love!



With Love & Light,
Team Maitri Anahita

Heartfelt gratitude to
Mohan Kant, Bikram Singh Boparai, 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



Paduka Prem Yatra

पादुका प्रेम यात्रा

A celebration of
LOVE,
SURRENDER
and **GRATITUDE**

An opportunity to bring the pādukā, the representation of sacred lotus feet of our Prem Avataar Maitreya Dadashreeji to energize our homes and bless all with Love and Happiness.

19th June - 20th July
(no charges, open to all)
(registration mandatory)

Mumbai/Thane - 8591351617
Pune - 7756038858
Satara - 9359228227
Maharashtra (other) - 7756038858
Gujarat - 9820001510

Delhi/NCR - 9899866649
Amritsar - 9781810937
Ludhiana - 6280994697
Indore - 9803100300
South - 9810340557



Maitri Cultural Economic Summit



विकसित भारत की ओर

MaitriBodh Parivaar is excited to announce the **Maitri Cultural Economy Summit 2024** (MCES-2024) - संस्कृति, समष्टि, समृद्धि in New Delhi on **July 6th, 2024** at Le Meridien. This summit harnesses the synergy between India's cultural heritage, spiritual power and economic growth, laying the groundwork for a unique cultural economy model for Viksit Bharat which will serve as a catalyst for our nation's economic growth during the Amrit Kaal. The event will culminate with actionable being sent to Government of India.

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The green revolution occurring quietly in the confines of the cityscape provides hope of a sustainable and healthier future!



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There is one 'Being' here on earth now who will make things happen for you with His Grace and as you flow with His guidance. Like He often says, 'just say yes and flow'

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Gaushala Inauguration,
Buddha Purnima
&
Global Peace and Transformation
Summit - Geneva, 2024



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Spiritual Transformation: The journey towards your True Self!

Dear Friends,

The MaitriBodh Parivaar has this expression of purity that we are able to bring about the internal transformation in all the people who are alive on Earth today. And this is our commitment to you that we try to bring about this transformation, teach you about this transformation in you. Now how do you view the inner transformation that was experienced by Gautam Buddha? We repeatedly convey that the state that Gautam Buddha attained, was not the state of enlightenment or freedom from the cycle of birth and death; rather it was the Amrit state (that which doesn't die) or spiritual transformation.

When Gautam Buddha is sitting there, what has He been doing sitting there all these years? Did He not have anything else to do that He kept sitting there? Or do you think that He ran away from a battle? Which battle is the biggest, the most difficult? Fighting with people or fighting with oneself? See and try fighting with your own self and see how difficult it is. You are unable to let go of a habit; you can't even fight with yourself then how can you fight with others? We tell others that I will do this or do that but will you be able to do it with yourself? We can't do this with ourselves. He is called Lord Gautam Buddha because He was able to win over His own self. That is why He is called 'Mahavir'. Why Mahavir (Greatest warrior)? Because He was able to win over His own self. You can fight with anyone but fighting with yourself and winning is very rare. This does not happen easily. All those who are listening will have to take a decision that I have to reach there. Now that I am here in this life, having come here, I too must experience that which He experienced. I too want to know what my truth is. And do so while remaining in the material life and not by running away. I have to experience that while fulfilling my duties in life. Each one of us must take this vow today. "Yes, we will do it Dadashreeji".

Pearls of Wisdom

So are you ready for that to move forward so that all of us reach that state? Is it ok?

Think about this carefully. This life is yours. Whether you do good or bad is in your own hands. And if you are thinking of doing good then I am with you. The MaitriBodh Parivaar is with you. Use this opportunity fully as to what can I do today. That someone has shown me that path. I have been able to see the journey of my thoughts within myself. Now how should I move forward? The search for the true self, what will it take me to? When you see the true self, "oh this is me. I had been stuck in the false self all this time that I was unable to see my true self." So the moment you see the true self, your mind will become easy. The moment the mind becomes easy, your life will become successful. You will be through with life. So with the true self, the mind becomes easy. From the easy mind comes a successful life and this is the path of transformation and each of you have to move forward with this. The search for the true self, a successful life. This is the path. Perhaps I was not being successful because I could not understand myself. Someone called me by my name and I thought that I am that name itself. But in reality, you are far beyond that. If someone says that you are not a good person, are you truly not good? If you accept that person's view point then you truly did not know your true self within. Whatever people said about you, you took that to be the truth. That person who says something good about you today will tomorrow say bad about you as well. So the first day he said something good you became happy but then the next day he said something bad and you became unhappy. So does that mean that your happiness and unhappiness lies in someone else's hands? And the reason for this is that you are only seeing the false self behind all this. What is your true self? When will you see it? When will you awaken?

You will have to ponder over this today because in the time to come it is all about spiritual transformation. It is really true transformation. It is not an imagination. This is really the time for transformation. Everyone is going to take a part in this and you will have to as well.

Through this, acknowledge the role of the Divine in your life. Recognise and accept the role of the Divine in your life. The Divine has always been with you and still is today within your heart. Don't search for the Divine in stories, in books. If you want to search for the Divine then do so within yourself. He who has always been firmly established within your self for ever. So imagine that a river is flowing and you are on this bank and the Divine is on the opposite bank; and the river which is flowing are the thoughts in this life, the emotions, the temptations, habits, problems. Everything is within that water itself.

If you really want to meet the Divine then you will have to cross this river and meet Him. Do you possess the grit, the determination, the yearning within you? Time will tell but at least make a start that I truly wish to come out of this illusionary world, attraction, pain and pleasure, everything and reach that place where my Divine resides, where there is peace, bliss. The MaitriBodh Parivaar and Dadashreeji are here for you, for your transformation.

Love and Blessings!



Maitreya Dadashreeji

(The above is an excerpt from Maitreya Dadashreeji's Buddha Purnima program 2024, conducted online.)

More about Dadashreeji,
click here:





Maitreyi Sulata

A gentle love within, quiet determination and faith in Divine Grace and Guidance best describes **Maitreyi Sulata**, a disciple of Maitreya Dadashreeji. Her soft, compassionate and love filled nature has touched the hearts of seekers across the world.

♥ Today the Divine shares the same planet, the same air that we breathe, eats the same food that we eat. Through His physical presence He can impact our physical, psychological, emotional, spiritual layers because He is also living with us.



Sharing life's little blessings

*with peace and love
in the heart!*

Maitreyi Sulata explains the importance of having a Living Realized Divine Being in our life to experience and flow with the inevitable Spiritual Transformation humanity must undergo.

Dear Friends,

I warmly greet you in the love and light of the Divine in the auspicious period of our Guru Purnimā celebrations.

At MaitriBodh Parivaar, we celebrate Guru Purnimā as Gratitude Day, offering thanksgiving for the blessing of the wonderful bond of a seeker with their Guide, and of a devotee with their Divine. Guru Purnimā is a golden opportunity to offer heartfelt gratitude to our Divine Friend, who is handholding us every step of the way to the eternal truth of discovering our essence which is but, Love! On Guru Purnima we don't pray or seek anything for ourselves, rather we offer gratitude to the

Guru or Guide's precious presence and guidance in our spiritual journey and growth.

In the preoccupation with day-to-day life, we ignore or forget the importance of the presence of the Divine in the physical form in helping us flow with the transformational shift required to enter the New Age. What is this Spiritual Transformation and what is the significance of the physical presence of the Divine as our Maitreya on Earth? Why do we need the realized One, a Transformed Being, a Divine Being? We do so as only He is the One who with His Grace and Guidance can bestow that state of transformation upon us.

Heart-to-heart

Understanding Spiritual Transformation

Everything around us, the dissatisfaction, the increasingly negative outlook is caused by the selfish and ignorant mind. The problems afflicting the world reflect the current state of the human mind. Unless we heal and rectify our mind, we will not move forward. Spiritual Transformation is primarily meant to discover and solve the root cause of all these problems. The moment the root cause is removed, the matter is solved automatically our lives become positive and situations become pure. We become happier and share happiness with others.

If we divide human consciousness into four parts: physical, mental, emotional and spiritual, it is the spiritual core which is the abode of your soul. Our journey of spiritual transformation starts from the spiritual core of our Being. When it comes to the spiritual plane /core that resides deep within we need to realize that with time something seems to have gone wrong there and we need to work upon ourselves at that spiritual level deep within and to get this addressed, so that everything within is aligned. Only then will we start seeing the positive shift in our mental, emotional, and physical body. The mind will be aligned to receive guidance from the Divine and work in consonance for our growth as compared to the present state of chaos and confusion. This is the beginning of spiritual transformation. *This journey is endless* because there is no limit to how much growth one can experience. Each day becomes better than the previous and so on. *A continuous state of spiritual transformation is an experience rather than an intellectual thought.*

Importance of a Living Divine Being

Our spiritual core is so subtle and deep within, that it's not possible to reach it solely with human efforts. Spiritual Transformation requires Divine intervention. For this, a special Divine action is required. *A Divine seed of transformation is sowed deep within us on the spiritual plane so that the spiritual structure which has gone into disarray is rectified and we experience transformation in our life.* Then there is no internal struggle. There is no more suffering. You just flow, one with the Divine. You are part of that Big Divine.

However, for this intervention we need a Master, a Living Master specifically, *because a Living Master shares the same planet, the same air that we breathe, eats the same food that we eat. Through His physical presence He can impact our physical, psychological, emotional, spiritual layers because He is also living with us.* If we see any Master who was there in the past, we may follow His teachings. He may appear in our dreams, He may come and guide us, but *to transform our entire being we need someone physical - a Living Master.* As Maitreya Dadashreeji shares, during the time of Lord Buddha, when He was alive on this planet, over 10,000 people attained enlightenment in His presence. After Lord Buddha departed, how many people who followed the Buddhist techniques or practices attained enlightenment? Maybe not even a hundred.

What does this tell us? When you have the Living Realized Being, our experiences are more profound. We reach there easily and we not only know the Truth, we experience the Truth as the Living Master will change our very being. His experience becomes our experience. We may read books but these books will only give us (gyan) knowledge, and transformation will never happen in this manner.

Blessed are we as The Divine in the physical form of our Maitreya Dadashreeji is here with us today, showering ceaseless Grace. All we need is to give our consent for Him to work upon us to experience Spiritual Transformation!

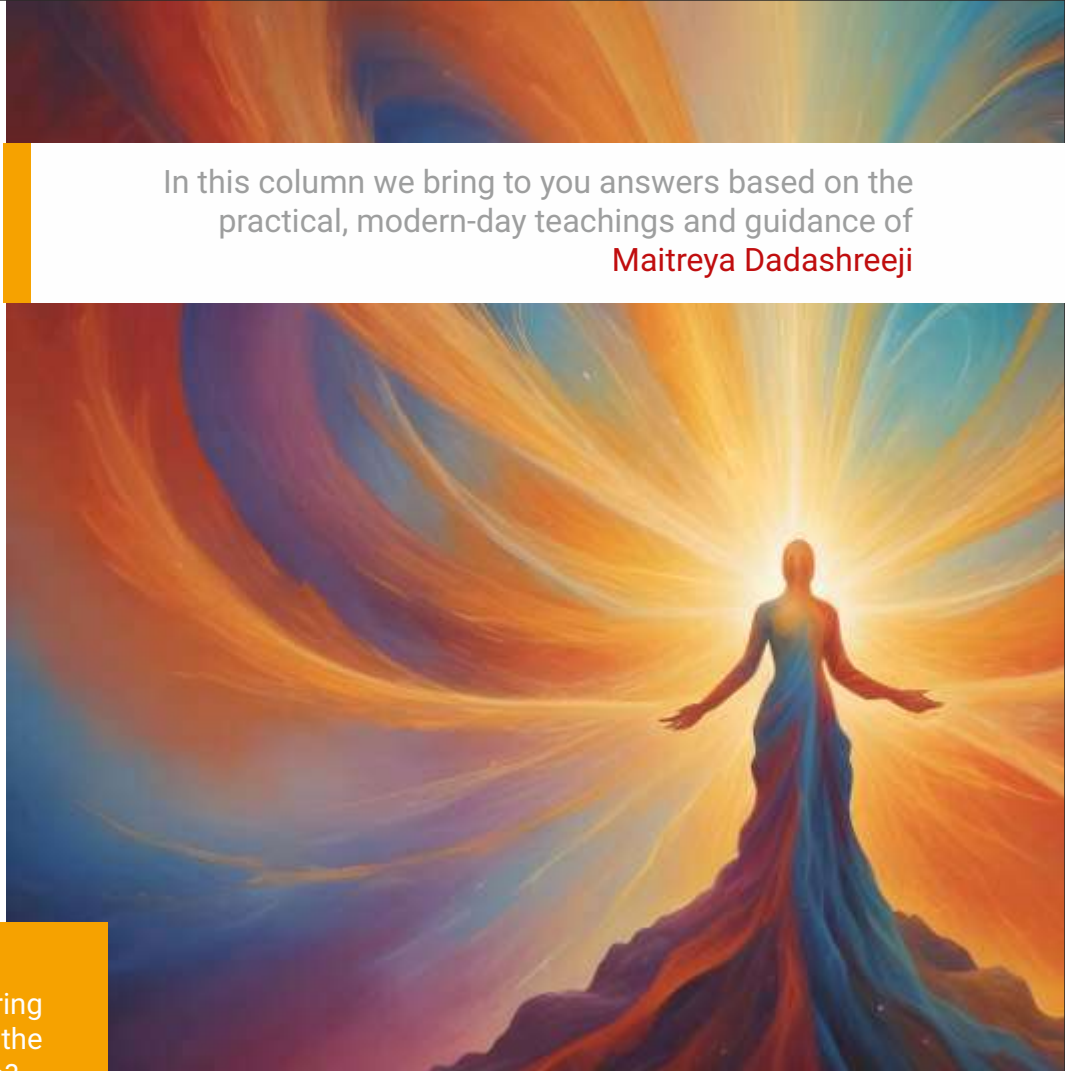
In this column we bring to you answers based on the practical, modern-day teachings and guidance of **Maitreya Dadashreeji**



Gratitude is simply a state of being. It is just there, effortlessly wherein you are grateful for everything - the good and positive as well as the most difficult and challenging.

Seeker:

What is the significance of offering gratitude towards the Divine on the auspicious day of Guru Purnima?



GratITUDE is one of the many Divine qualities that an individual should strive to imbibe and practice in their life. When one is in the state of gratitude towards the Divine, we are open to receive Divine Grace and guidance. Offering gratitude to the Divine helps one experience Transformation. We start experiencing Divine Love and automatically move closer towards the Divine. Being in gratitude, humbles you from within. When we bow in gratitude to the Divine, we are in a receptive mode for the energy to flow to us from that Higher Source.

The Divine has always been taking care of us, protecting us, listening to our prayers, and guiding us; helping us move from the state of ignorance to the Truth. When we acknowledge all that the Divine has been doing for us, we naturally step into the state of gratitude which is an expression of Love towards the Divine. At the MaitriBodh Parivaar, Guru Purnima is

celebrated as Gratitude Day; a celebration of our association with the Divine. It is an auspicious day where one gets an opportunity to offer one's natural heartfelt gratitude to the Guru or the Divine.

Maitreya Dadashreeji had once shared that Gurupurnima "is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further extract blessings in your life. You can smile and shed tears of joy and happiness in connecting with your own Higher Divine. This day is yours and this day is of your Guide. Experience this blissful Divine connection!"

"When you acknowledge Grace, it grows in intensity automatically." - Maitreya Dadashreeji

Essential Ayurvedic Do's and Don'ts to maintain health in the Rainy Season

Seasonality adds vibrancy to life, but each season presents its unique set of challenges. The rainy season brings welcome respite from the summer heat but also triggers health issues. Ayurveda has you covered!



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

The rainy season offers a welcome respite from the intense heat, turning the world into a blossoming green bliss. However, it also brings its own set of challenges and risks as a cloudy atmosphere is non-congenial to health. To fully enjoy this beautiful time of year while staying safe and healthy, it's important to follow certain do's and don'ts. According to Ayurveda, the rainy season (Varsha Ritu) is a time when the body's digestion and immune system is particularly vulnerable. Increased atmospheric moisture and humidity can disrupt the balance of the dosha's (regulatory functional factors of the body), particularly Vata dosha (dosha

responsible for movement and cognition). Here are the essential guidelines for navigating the rainy season according to Ayurveda, which highlights the importance of adjusting one's lifestyle and diet according to the changing season to maintain health and prevent diseases.

1. Food (Aahara)

Foods to Eat: Since digestion will be weaker during this season, one should focus on foods and practices that strengthen Agni (digestive fire). Warm, light, and easily digestible foods like soups, steamed vegetables, and well-cooked grains. Eat freshly cooked meals. Include spices

like ginger, black pepper, cumin, coriander, and turmeric to aid digestion and boost immunity.

- Drink boiled or purified water to avoid waterborne diseases. Avoid consuming too much water at once; instead, drink small quantities throughout the day.
- Warm herbal teas (e.g., ginger, mint, or tulsi) can help maintain body warmth and aid digestion.

Foods to avoid- Avoid street food and raw vegetables that might be contaminated.

- Avoid cold foods and drinks as they can aggravate

Traditional Remedies & Integrated Medicine

Kapha dosha (dosha responsible for regulating body fluids and keeping the body constituents cohesive) and weaken digestion.

- Avoid heavy, oily, and fried foods that can burden the digestive system.
- Minimize the consumption of dairy products, especially those that are heavy and difficult to digest like cheese and cream.
- Avoid water from any source, including rivers, wells, unless it has been boiled.
- Don't consume food that has been left uncovered, as it can attract flies and other insects and thus get contaminated.

2. Lifestyle (Vihara)

Clothing: Wear clean, dry, and warm clothes. Avoid getting wet in the rain as it can cause cold and infections.

Environment: Keep the living environment dry and warm. Keep your surroundings clean to prevent the breeding of mosquitoes.

Exercise: Avoid strenuous physical activities that can strain the body. Overexertion can weaken the body and increase susceptibility to illnesses. Instead opt for moderate physical activities like yoga and walking or light stretching exercises to keep the body active.

- Ensure you get adequate sleep to rejuvenate your body and mind.
- Perform a self-massage (Abhyanga) with warm oil, preferably sesame, mustard, or coconut oil, to improve circulation, remove toxins, strengthen the immune system and balance Vata dosha.
- Nasya (nasal drops of oil) with Anu Taila can help protect against respiratory infections. 1-2 drops of oil can be instilled in each nostril once or twice a day.

Bathing: Use warm water for bathing.

Avoid- Sleeping during the day can disrupt the digestive process and lead to a buildup of Kapha (dosha responsible for regulating body fluids and keeping the body constituents cohesive), resulting in lethargy and sluggishness.

- Avoid getting wet in the rain to prevent colds and other Vata-related disorders.
- If you do get wet, change into dry clothes immediately to avoid catching a chill.
- Avoid excessive physical exertion that can deplete energy reserves and increase Vata dosha.
- Maintain a regular sleep schedule.
- Stay away from cold, damp places as they can increase Vata and Kapha imbalance,

leading to respiratory and joint issues. Avoid walking through or coming into contact with stagnant water to prevent infections and diseases like fungal infections, etc.

- Use neem or turmeric-based products for their antiseptic properties.

3. Common Ayurvedic Remedies for diseases prevalent in the rainy season.

During the rainy season, respiratory system disorders such as colds, coughs, and throat infections are quite common. Therefore, as soon as symptoms emerge, utilizing simple home remedies can help clear them and prevent escalation of the problem.

- Trikatu Powder:** Equal quantities of ginger, black pepper, and long pepper is taken orally half to one teaspoon mixed with honey twice daily. It will aid in reducing respiratory infections while also promoting digestion and metabolism.
- Turmeric Milk:** Daily intake of warm milk with ½ tsp of turmeric will boost immunity and prevent infections. Gargle with warm turmeric powder mixed with water 2-3 times a day to relieve sore throat.
- Ginger:** ¼ tsp of ginger powder with jaggery thrice a day or 10ml. decoction prepared from a piece of ginger taken every morning

Traditional Remedies & Integrated Medicine

prevents recurrent attacks of cold.

- d) Cumin (jeera) - A warm decoction of 2 gm. jeera, 5 gm. Dhania, 1 gm. Haldi, 1 gm. Methi powder and a little pepper taken with honey/ sugar two to three times helps to reduce cold, cough and improves appetite.
- e) Holy basil (Tulsi) - 5-10 ml of tulsi juice twice or thrice a day with honey.
- f) Indian gooseberry (Amla) - To control a cold, take two to three teaspoons

(10-15 ml) of fresh Amla juice or half to one teaspoon (2.5-5 grams) of Amla powder.

- g) To relieve a stuffed nose, inhale steam by adding a few drops of eucalyptus oil to a bowl of hot water. Cover your head and the bowl with a towel for a few minutes at a time. Ensure the water isn't too hot to avoid burning your face with the steam.
- h) For a dry cough, keep a piece of Glycyrrhiza (liquorice/mulethi) in your mouth.

By following these Ayurvedic guidelines, you can help maintain your health and well-being during the rainy season.

(Disclaimer : Based on your medical history, it is advisable to consult your family physician before consumption and implementation of the remedies stated above.)





Wholesome Millet Khichdi

The world loves Indian cuisine, and this interest has served to diversify the dishes being consumed by fans of Indian food. At the same time, there is a distinct trend emerging among the spiritually aware sections of society towards consumption of Satvik or plant-based food that is light on the stomach and yet provides increased energy and calmness to the practitioner, writes **Aparna Dedhia** as she shares a simple yet wholesome khichdi recipe-with-a-twist!

I was pleasantly surprised to learn that my friends abroad in the UK and the US love ordering Indian food for takeaway. What is even more heartening is that they have moved beyond the classic shahi paneer and dal makhani and are sampling hitherto unexplored preparations of Indian cuisine. It's exciting to see their adventurous spirit in trying a variety of Indian dishes.

The depiction of characters indulging in cooking Indian food on popular TV shows like 'Big Bang Theory' is also fascinating. Seeing Sheldon and the gang enjoying Indian food, especially with Dr. Rajesh Koothrappali in their midst, adds an interesting angle to the story. It's a testament to the growing global appreciation for the diverse and flavourful world of Indian cuisine.

An intriguing shift is occurring as more people worldwide embrace the principles of Satvik, Tamasik, and Rajasik diets. With the growing popularity of yoga and meditation as a way to living an organic life of awareness, these categories of food are gaining significance.

Satvik recipes, characterized by their simplicity, use of fresh ingredients, and emphasis on purity and balance, are capturing the attention of global audiences seeking mindful eating options. In contrast, Tamasik food, which includes onions and is believed to ignite tamas or darkness, is discouraged on the spiritual path. Similarly, Rajasik food, known for inducing lethargy, is seen as incompatible with a spiritually aware life.

The notion that non-vegetarian food lacks prana, or life force, further underscores the disconnect between such diets and the principles of yogic living. As awareness grows, more individuals are opting for diets that align with their spiritual and ethical beliefs, creating a ripple effect of positive change in global food choices.

While growing up, my brother and I used to react differently to the word 'Khichdi'. While he would eagerly devour it with Gujarati kadhi, I would cringe at the mere mention of it. However, times have changed, and now my brother quietly enjoys his khichdi with various accompaniments like khichiya papad, achar,

Pots 'n' Pans

and cluster bean fry (guar phali). As for me, I have undergone a complete transformation and become a devoted khichdi aficionado.

In the modern context of fluctuating diet trends, where the debate between gluten-free foods and healthy carbs (complex versus simple) rages on, millets have emerged as a clear favourite, seamlessly integrating into our daily food habits. Varieties such as pearl millet (bajra), sorghum (jowar), finger millet (ragi), and the smaller millets like foxtail millet, kodo millet, and barnyard millet are being cultivated and embraced for their nutritional benefits.

Among these, my personal favourite is foxtail millet (kangni) khichdi. Not only is it delicious, but it also aids in weight loss, stabilizes blood sugar levels, provides an instant energy boost, and promotes strong bones. Here's a recipe for foxtail millet khichdi that you can enjoy as a wholesome and nutritious meal.

This millet, resembling daliya or fada (broken wheat), can be cooked in a pressure cooker for instant preparation.

Ingredients

- Cumin seeds, bay leaf, asafoetida, and black cardamom.
- Soak 1/2 cup of mixed dal (such as moong, masoor, and tuvar), peas, carrots, potatoes, tomatoes, French beans, and ginger-garlic-chili paste.
- ½ cup fox tail millet
- 2 tbsp ghee
- 1 tsp ginger garlic chilli paste
- 6-7 curry leaves

Method

- Heat a pressure cooker and add cumin seeds, bay leaf, asafoetida, and black cardamom.
- Add the foxtail millet and mixed dal, and sauté everything together.
- Incorporate the vegetables and ginger-garlic-chili paste.
- Add water and salt, and pressure cook for a few whistles.
- Once done, let the pressure release naturally, and then open the cooker.
- Serve the foxtail millet khichdi hot, garnished with fresh cilantro.

I savour my one-pot meal with a side of zesty lemon pickle, a bowl of fresh, creamy curds, crispy khichiya papad, and some crunchy onions. This millet khichdi not only delights my taste buds but also helps maintain my weight, offering a guilt-free indulgence.

I hope you enjoy this wholesome recipe, which can be whipped up in just 15 minutes. Give it a try and savour the goodness!

PS – I have this great wish to cook one pot of this Satvik meal for our beloved Maitreya one day.

Dada Sharnam.



Concrete Jungle to Edible Paradise: A step to a sustainable future

Sustainable Living

The green revolution occurring quietly in the confines of the cityscape provides hope of a sustainable and healthier future shares **Maitreyi Suman**.



Maitreyi Suman

The bustling streets of Mumbai and Delhi aren't home only to honking cars and packed markets anymore, for the cityscape of a concrete jungle is interspersed with lush gardens on rooftops and vibrant green patches in balconies. Welcome to the quiet green revolution where urban farming is not just a hobby but a transformative movement redefining our concrete jungles and shaping our future.

Urban farming, once the quirky pastime of a few green thumb enthusiasts, is now the next big thing. Imagine growing your salad ingredients on your rooftop or plucking fresh herbs from your balcony for that perfect pasta. This practice of cultivating food within city limits, whether it's on rooftops or in vacant lots, not only adds a splash of green to the urban landscape but also promotes sustainability, community resilience, and food security.

Urban farming is more than just a trend. With global population expected to hit a

staggering 9.7 billion by 2050, meeting food needs in a sustainable manner is a big ask. Increasing population pressure on land leads to conversion of farm lands to housing societies. We will run short of farming land sooner than we expect. Controlling population is a parallel activity to expanding avenues of food production. The bonus of reduced carbon emissions associated with urban farming (by saving on transportation and maximising the use of limited urban spaces) is the cherry on the cake, indeed.

One of the coolest innovations in urban farming is hydroponics. No soil? No problem! This technique involves growing plants in nutrient-rich water, allowing for faster growth and higher yields. Startups like Urban Kisaan and Future Farms are leading the charge, turning unused urban spaces into productive green oases.

Then there's aquaponics, the dynamic duo of the farming world. It's like Batman and Robin but with fish and plants. Fish waste provides nutrients for the plants, and in return, the plants help purify the water for the fish. This symbiotic system is gaining traction in states like Kerala and Maharashtra, where urbanites are getting

Sustainable Living

their fresh produce and a side offering of fish. Institutions like Tamil Nadu Agricultural University are jumping on the bandwagon, offering courses and research opportunities in this innovative field.

But it's not all smooth sailing. Setting up hydroponic or aquaponic systems can be a costly affair, and let's face it, not everyone has a green thumb. Yet, with the Indian government throwing in support through initiatives like the Pradhan Mantri Krishi Sinchai Yojana, and educational programs making hydroponics a household name, the future looks bright. The thought of having your own vegetable garden and leaving a green heritage for your children is worth the effort.

Urban farming isn't just about growing food; it's about growing communities. It helps absorb carbon dioxide, reduce urban heat, and boost biodiversity, making our cities healthier. Plus, it creates jobs, sparks entrepreneurial ventures, and empowers communities to take control of their food supply. As cities expand and global food systems face increasing pressure, urban farming emerges as a fun, feasible, and fruitful solution. Imagine the sweltering heat of Delhi at 50 degrees Celsius replaced by cool, fresh, fragrant breezes. Imagine low electricity bills. And imagine freedom from respiratory and stress-related health issues. Take heart in the green revolution quietly turning the urban jungle into an edible paradise. With each rooftop garden and balcony farm, we're crafting a future where our cities are not just liveable but are lush and thriving.



Dr Balakrishnan



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 Dr. Balakrishnan as shared with **Maitreyi Jagruti Gala**.

Dr Balakrishnan, fondly referred to as Balki ji, is a consultant rheumatologist in Hinduja hospital in Mumbai, India. He is married and has a daughter who is his joy and pride. He loves music and sings soulfully to evoke the Divine within.

I first met you in 2013 when you were among the first few to attend the Bodh - I program. What was your conception of spirituality prior to meeting Maitreya Dadashreeji? And how did you come to the ShantiKshetra Premgiri Ashram?

Sometime in 2008 I was part of a group of doctors at Hinduja Hospital seeking

spiritual understanding. I was not religious or spiritual, but in a span of a few months' time, some of my patients had shared pictures and books of Ramana Maharishi with me. I had heard of him, but I knew very little about him. As I received more photos and books of Ramana Maharishi, I thought perhaps this was a plan for me. So, I started exploring this aspect of life and studied Advaita and related texts. Filled with knowledge thus acquired, we would chat and discuss our 'research', so to speak. It was during this time that a few colleagues mentioned about an interview about the Transforming Presence of Maitreya Dadashreeji, in Life Positive magazine, and that He was talking about the essence of spirituality. They suggested we should go and

meet Him. That's how we took turns visiting the ashram. I was yearning for a Guru, and as they say, the Master appears when the disciple is ready. That is what happened with me.

Do share more about your visit to the ashram - how you were feeling, when exactly did you meet Maitreya Dadashreeji?

So, a few of us came to the ashram in a van and at that time the ashram was in its infancy. There were a group of about 50 people sitting down, and waiting for Dada to come. Dada entered and I just went blank. I mean, there was nothing in my mind. I had no preconceived notion. I had just seen one image of His in Life Positive magazine. The thing that struck me about Him was the calmness, a certain calmness that He emanated.

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That drew me powerfully to Him, just to listen to Him even or just to be in His presence. That's it. So that was my first impression of Dada.

How was your experience of Bodh-I? When you had done extensive reading already, did the simplicity of His teachings impact you?

As you rightly said, we were full of knowledge without any experience of what that means. And here was Dadashreeji who was already in that experience. He knows everything. He knows you; He knows your journey so far.

For me, the first Bodh was full of questions about the right thing to do, the right path to walk, and such. And at one point we enacted a certain scene in front of Him as an exercise. He told us a story, and said that you are in a subordinate or a lower place in a company. Two of us will be vying for a higher position. The manager will give the job to the other person. You are the person who will not get the job. And you must act as if you are aggrieved and angry at being left out. I played that role.

At the end of it, I still remember His words. He looked at me and said, 'You're a good actor.' And it was as if the entire Bhagavad had opened in my mind. It hit me there and then that I had been acting so long in my life that I wanted to stop this acting once and for all. And that's why I had come to Him. I'm sure He heard me. So, that was my first day of Bodh - I.

I want to pick on that part where you said that a whole Bhagavad opens in our mind. If you can go back into that moment, what was happening to you physically when you heard Dada's voice and those words came to you.

My whole life came to a standstill. And there was nothing there except for those words ringing and I realized that it was not a casual remark from Him. The statement that 'you're a very good actor' was a message to stop the pretense of knowledge and other things that I have. It was like Dada was saying, 'I know how much you know, what you don't know.' He sort of disrobes you. You must be in that state of receptiveness to know that that's what is happening. Dada speaks with clarity and deep conviction and one must be receptive to hear the deeper message.

Once I asked Him about silence. That's when He just looked at me and said, 'Silence has to be experienced, not spoken about.' So there, after that I understood what He meant. Life stops for a moment and all the knowledge and the words and the sentences and the paragraphs you have about silence go away. You become silent in the truest sense.

I realized that Mauna doesn't refer to lack of words, it is a lack of thoughts.

How was, ShaktiPravaah for you? Especially as a doctor? What was going on for you before and after the process?

Funnily, I left the doctor tag way behind when I went there. I really did not look at it from a scientific viewpoint. Science is not the be all and end all. And there is so many things beyond science which cannot be explained and I'm very well aware of it now. Therefore, when I go to the ashram it is not as a doctor. I just go there blank, and I'm there to receive. That's it. I don't bring rationality into everything because I'm aware that it doesn't solve all the problems.

To be honest, Shakti Pravaah did not do anything mystical to me. Yet the change has been amazing. The change that occurs every time is amazing. So that's all. I just stay there in the moment, and I don't try to rationalize.

Thank you. Would you talk a little about these changes?

The biggest change is that I started looking at myself closely. I became aware of my body and my mind, my emotions, and even my thoughts. I am in that state even now, and even when dealing with patients I'm aware of my thoughts and my actions, there is no randomness to it. There is silence within as I just observe without judging.

It seems like you are encapsulated in peace even as life goes on around you.

Yes, correct.

And how have you seen these changes manifest in practical ways? I mean, you did speak about your patience, etc., but what about in relationships, be

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it with money or with achievement, etc.

As my awareness level increased I began to realize that everything that happens around me is for me. It's not for the other person. Whatever happens is for you to understand, adapting and flowing with it. Our life represents an opportunity to transform and evolve.

I just flow with life, allowing me to go closer to the Divine. The only way to go closer to the Divine is to transform and reclaim one's essence which is but Love. The Divine is Love and we must become Love to merge with Him.

And when you say you go closer to the Divine, how do you understand that at that moment you are with your Divine?

When I go closer to Him/to my Divine, either in person or when I'm in meditation, time stops. There's no time. There's nothingness. Suddenly, when I come around, I realize the time that has gone by. So maybe that's one way of knowing that.

The other thing is nothing occurs by chance. I will just give you a small example. I wanted to go back into singing and I got the validation, people from the ashram said, 'your path is singing. You must sing.'

My father was a Carnatic musician, so I too wanted to sing. I had a patient who was a theatre artist. One day I was just thinking about her. I

thought that I should get in touch with her again, and ask if she knows somebody who will teach me Carnatic music. I picked up my phone and told my secretary her name and asked her to find her phone number. You won't believe me, the next patient on the roster for that day was really that same lady! When my secretary gave me the file of the next patient I was stunned. When she entered the office, I told her how a few seconds ago I was searching for her number, and here she was in front of me. She gave me a few numbers and now I have a teacher who is willing to teach me devotional music! The Divine is omnipresent, working to help us along the path of growth.

How has this journey and association with Dadashreeji shaped your parenting?

I am more forgiving, and make a genuine attempt to understand my child. I know very well that children come with their own karmas that they will have to go through. He has given me the confidence that He is with them, so I am not worried in that sense. Thankfully, things have gone very well. We have a daughter. My wife was very keen for her to become a doctor. She got a doctor's seat but didn't take it. My wife was so angry for two, three years with that, but then my daughter completed her BSc and MSc in Biotech, worked in TIFR. Now she's doing a PhD in Boston. This is how things happen naturally.

What would your message be to people who are reading this interview?

A time comes in everybody's life when you start thinking about the Divine, about who you are, what you are. You take to reading, you listen to people talk. You do pujas, you do everything. But there is *one Being here on earth now who will do things for you which none of those will. Things will happen in your life that you wanted to happen when you flow with His guidance. Like He often says, 'just say yes and flow'*. So here is a Divine Being who will take you through to wherever you need to go without fail. Everybody is on his own path, and He knows exactly where you are. He is available 24x7 as your Guide, as your Divine Friend. You may have been affiliated with many spiritual organizations/Masters, that is your journey up to that time. Experience our Dada once. Nothing that you have done so far is a waste or anything like that. But the step that you take when you come with Dada is another level.



Buddha Purnima

with Maitreya

जीवन-मुक्ति के परे, परिवर्तन की ओर

Over a thousand devotees across the entire globe participated in the online event on the auspicious occasion of Buddha Purnima

Maitreya Dadashreeji, addressing all, reiterated how Lord Buddha in His years of searching for the Truth worked towards attaining the state of complete Transformation. Dadashreeji helps all contemplate by putting forward the question, "Which war is difficult to fight? The one with others? Or the one with the self?" Today we are consumed by our habits, our issues, and the world is struggling to win this fight with the self. Hence many refer to Lord Buddha as 'Mahaveer' as He won the war with His own Self. He attained Transformation.

"Now the time has come, to walk this path of Transformation, win the internal-war, experience the supreme truth and grow in life. The current time will facilitate and support your growth. Your state will grow. You will experience Amrit-Awastha (Transformation) just like Lord Buddha did."

The event reached its peak when Maitreya Dadashreeji guided all into one of a kind of spiritual process using water as medium to help the participants expel negative emotions, unsettling energies, one's stress and chinta (worry) and be filled with Love and Grace of the Divine.

Blessed are all who could experience this with niswarth prem (selfless love) with Prem Avataar Maitreya Dadashreeji this Buddha Purnima!



Gaushala Inauguration

With our hearts full of gratitude to Maitreya Dadashreeji our new and expanded Gaushala was inaugurated on 7th April, a testament to our commitment to caring for our sacred cows with love and compassion. The capacity is now geared to house 90 cows and is already steadily getting filled.

From humble beginnings to this remarkable expansion, our journey has been one of dedication and love for these gentle creatures who grace our lives with their presence. The transition from our smaller Gaushala to this larger facility signifies not only growth in numbers but also in our ability to provide better care and comfort to more cows in need.

As we stand here today, surrounded by the peaceful presence of our beloved cows, we reflect on the journey that brought us here—the countless hours of hard work, the unwavering support of our community, and the generosity of those who share our vision of a harmonious coexistence with all living beings.

This new Gaushala is more than just a physical space; it is a sanctuary where each cow will receive shelter, nourishment, and loving care. It embodies our values of compassion, sustainability, and respect for life, serving as a beacon of hope and a symbol of our collective responsibility towards our environment and its inhabitants.





**GLOBAL
PEACE AND
TRANSFORMATION
SUMMIT** GENEVA, 2024

Keynote Speaker -

**Maitreya
Dadashreeji**

Speaking on the topic
Inner Peace to World Peace

Global Peace and Transformation Summit – Geneva, 2024

Organised by International Spiritual Council for Transforming Humanity (ISCTH)

On 28th June, amidst hundreds of global dignitaries and esteemed speakers, Maitreya Dadashreeji (Global Humanitarian, Transformation Pioneer, Founder-Visionary MaitriBodh Parivaar) as the keynote speaker at Global Peace and Transformation Summit, Geneva shared an enthralling message of 'Inner Peace to World Peace'

Maitreya Dadashreeji has a powerful message for all – I am Peace

When an individual finds peace within, the collective spirit of humanity inches closer to lasting world peace. We have been tirelessly striving towards an era of universal peace and love, and remain committed to spreading this message through all our efforts.

WATCH NOW!

https://youtu.be/yIORB_hegYM

#MaitreyaDadashreeji #ISCTH #GlobalPeace #TransformationSummit #OneWorldOneFamily



Dada has been my best friend and my Guru at the same time. I had heard that upon conclusion of an event or meeting, Dada would occasionally step out for a walk around the Ashram and spend time with devotees/sevaks at the Annakshetram, casually conversing with them. I would envy the people blessed to meet Him as their friend in such a casual setting. During my visits to the Ashram, I would often lurk around post meetings hoping that I would also get to see that side of Dada! And then, after one such meeting, I was one of the last ones to leave the DMK (Dhyan Manthan Kshetra) and the moment I stepped out, I saw Dada nearby chatting away with a few people! I walked over, excited at this unexpected informal 'darshan'! I messaged my friend to rush over for this blessed opportunity to be with Him. Eventually, a lot of people ended up coming there and Dada had tea with us. While having tea, He enquired as to who had informed the others about His presence there; He rattled off a few names including mine! I told Him that I had messaged only my friend. I was too shy to tell Him that it was my silly prayer to have chai and a casual conversation with Him which He lovingly granted! I was elated beyond words!! Dada fulfills all our wishes!! He is Premavataar, but firstly my bestest Friend!!

Thank You and Love You, Dada!!!



Sneha Laghate

*The sweetest
cup of tea!*



Maitreyi Maria

*His love is infinite,
His bond personal!*

His love is infinite, His bond personal!

Pepe, the husband of a dear friend, was suffering from terminal spine cancer when I invited him to attend Bodh - I online. I called him after the course to know of his experience. Pepe was weeping so much that he couldn't speak as he was choked with emotion. During the ShaktiPravaah session, Pepe said that Maitreya Dadashreeji appeared to him in person. Pepe said he had shown Dada the places where he felt pain, and He had lovingly touched his back. Sobbing, Pepe declared that Dadashreeji was not just a person but was Divinity.

This extraordinary event left a profound impact on Pepe. He shared his experience with everyone who visited him in the days following. People usually told him he had had a dream; however, he always said he was wide awake and knew what had happened to him. The appearance of Dadashreeji and His loving touch were beyond anything Pepe had ever experienced before and beyond the understanding of people. He expressed that it had been a moment of deep spiritual connection and comfort in the midst of his suffering and imminent passing.

Two days after Bodh - I, Pepe started his chemotherapy treatments but couldn't recover from their devastating effects. He was so weak he could not even take a phone call. Despite the physical challenges, the spiritual encounter had given him a sense of peace and acceptance. He passed away peacefully two months later. He was sitting and eating when he seemed to look at someone. He turned to his wife sitting next to him and said goodbye, and then peacefully departed.

Pepe's story is a testament to the profound and transformative power of Dada's presence in our lives, even in the apparently worst moments. It highlights the extraordinary and deep connection felt by those who connect with Maitreya Dadashreeji. Dada Sharanam!



Yogeshwar Suryawanshi

ShantiKshetra Premgiri Ashram, a cradle of love and Divine energy!

In July 2023, I received a message regarding the Sankalp Maitri Havan as a service at ShantiKshetra Premgiri Ashram in Karjat.

During Navaratri and on special occasions such as Ekadashi, the MaitriBodh Parivaar conducts Sankalp Maitri Havans processes aimed to remove any blockages and difficulties in peoples' lives through Divine Grace and intervention.

Consequently, I booked a few Sankalp Maitri Havans at the Premgiri Ashram in July 2023 which were conducted by Sevaks as per the Sankalp of the devotee. Starting with a degree of uncertainty about the outcome of the Havans thus performed, I was blessed with fulfillment of the Sankalp within two months, all through the Divine Grace of Maitreya Dadashreeji and Ma Kali. Thus, my faith in Havans as a spiritual practice and science was restored. It crossed my mind to visit the ShantiKshetra Premgiri Ashram at Karjat in the near future to experience the energy there.

It was around Diwali, in October 2023 that I received another message regarding Sankalp Maitri Havans to be conducted during the Navaratri period.

I decided to book three Havans, two of which could be done without necessitating my presence at the Ashram and one (individual) Vyaktigat Sankalp Maitri Havan which required my presence at the Ashram on October 18, 2023. Having been blessed with fulfillment of the Sankalp of the Havans conducted earlier in July 2023, I understood the power inherent in these Havans.

Travelling by cab from Mumbai to Karjat, I was blown away by the natural beauty of the region with winding roads, lush greenery after the monsoon rains, seasonal streams, and beautiful villages along the way. It was a scenic journey as if a divine painting was being painted live in front of my eyes. Mesmerized, we reached Premgiri Ashram around 8AM. I had come to the Ashram without any expectations and out of sheer curiosity.

In the Ashram is a Navgrah temple where I removed my shoes and bowed down in reverence after a circumambulation of the temple. I went further and there was a large hall - the Mandapam where many sevaks had gathered to conduct the Sankalp Havans for that day. The Sevaks provide selfless services to mankind, with love and compassion. I had a warm welcome and was introduced to a Mitra, who was leading the Agni team, guiding and conducting all the Havans. Checking into my dormitory accommodation I took some rest and got ready for the Havan. These dormitories have a spacious layout, modern architecture, and eco-friendly construction. The Ashram is nicely laid out with paved pathways connecting the various segments.

After a brief meditation, I went to attend the Vyaktigat Maitri Sankalp Havan. Several Havan Kunds were nicely decorated and supplied with Havan Samagri. I sat near one of the Havan Kunds along with a Sevak who guided me during the process. I was swept away with the energy, chanting of mantras, offerings, detailed preparations, and explanation provided during the Havan process. I had never experienced such an in-depth, intense, and powerful Havan process. I don't know what exactly



happened to my body and mind during the Havan process, but I felt a shift and healing energy within me. My body and mind were perfectly relaxed as if I had finished a deep meditation. Tears started rolling down my cheeks. I had only gratitude for the entire team of Sevaks, Maitreya Dadashreeji, and the Supreme Being.

I asked the Sevaks regarding Maa Kali ShaktiPeetham and the importance of this Ashram location. This site was specially selected by the immortal MahaAvataar Babaji and Maitreya Dadashreeji. The site of the Ashram is Divinely blessed. The famous Bhimashankar Jyotirlinga is located on the other side of the mountains. Maa Kali resides at the Premgiri ShaktiPeetham as Prem Swarupini, manifestation of Love. The Premgiri ShaktiPeeth is different from the 51 ShaktiPeeth's across India because it is not just another temple of Shakti worship but an abode of Maa Kali. Maitreya Dadashreeji has made living arrangements for Ma Kali including a bed, food, daily services and Puja through a dedicated Pandit ji and staff. Maitreya Dadashreeji has requested Divine Mother to bless every visitor and devotee with Love, Peace, and Abundance. Lord Mahakaleshwar, Maa Kali, MahaAvataar Babaji and Maitreya Dadashreeji are present in their astral forms on the campus and many evolved devotees have been blessed with their darshan. Maitreya Dadashreeji also blesses devotees at the Ashram on special occasions like darshans and other events.

I proceeded towards the Dhyana Manthan Kshetra, a large hall called DMK in short. This is the main area where MahaAvataar Babaji and Maitreya Dadashreeji's Paduka and Divine Light are worshipped and the Bodh series programs are conducted by the MaitriBodh Parivaar for the transformation and benefit of Humanity. The vibrations in DMK are so powerful that you can literally feel the Divine presence of MahaAvataar Babaji and Maitreya Dadashreeji. At the DMK, I felt the same vibrations of love, peace and compassion as when I had first visited Sri Ramana Mandir at Ramana Ashram in Tiruvannamalai. At the DMK, one can experience the "thoughtless" or "no mind" state during deep meditation. I loved everything about this place. It was 5PM and I came out of the DMK to enjoy the sunset in the mountains. I stood in front of the DMK and the golden Sun was asking me to just soak in everything and forget the world. I thanked Maitreya Dadashreeji, MahaAvataar Babaji, Lord Mahakaleshwar and Maa Kali for their countless blessings and the opportunity to be at Premgiri Ashram. I prayed for their continued Grace, love, and compassion for mankind. I thanked the Sevaks for their selfless service, love, and compassion.

I was grateful for the Divine Grace and blessings during this visit. This was just the beginning of an exciting Divine journey! May every sincere spiritual seeker get an opportunity to stay and experience the Divinity at the ShantiKshetra Premgiri Ashram, the Abode of the Divine.
Dada Sharanam. Om Shanti Shanti Shanti!



Rosy Arora

Have faith, for His love is infinite!

Dada my saviour, my protector, my Divine. With Him, each day of my life is magical, and I would like to share an experience of this with all the readers. My husband runs a photo framing business. A few months ago, his team was covering a wedding function when a rather expensive camera lens got stolen. An FIR was registered and the police interrogated the entire service team engaged in that wedding. But to no avail! My husband came back pained at the loss. I suggested that he express himself to our Divine Light. He expressed himself but internally he felt that the lens could not be recovered because the police clearly said that whoever had stolen the lens would have sold it by then. It took my husband a month to come out of the pain of losing a valuable business asset. After four months, the same client (at whose place the wedding event had been organized) called my husband that one of the helpers had tipped him about the stolen lens being in the possession of another helper. My husband was skeptical about the tip as considerable time had passed since the theft. But, Dadashreeji our Divine never refuses any prayer. When my husband went with the police to raid that helper's home, they found many stolen items and found his lens also which he had despaired of ever recovering.

Thank you, Dada, for everything. You give us the experience of your Divine presence in our lives every day. At your Lotus feet always.

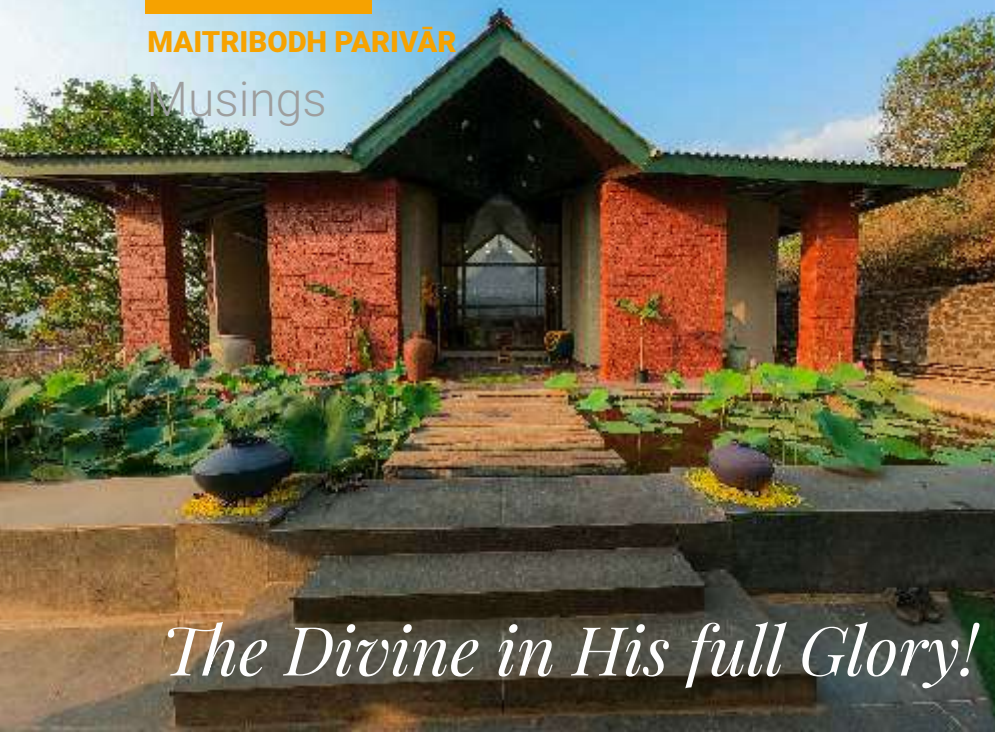


Sarika Rathod

The healing touch!

A few days ago, I had a severe headache. One of my friends suggested I take Maitri Light for it. The moment the Maitri Light medium held my hand I felt a sudden surge of energy flow from her hand into me and experienced a tingling sensation all over the body. Experiencing peace and happiness during the process, I could not stop the tears of joy rolling down my face during the process.

Thank you Divine for this magical healing touch!



The Divine in His full Glory!



Yogeshwar Suryawanshi

I happened to get a brief darshan of Maitreya Dadashreeji at the ShantiKshetra Premgiri Ashram on November 5, 2023. Further, His personal meeting with Mahavataar Babaji had piqued my curiosity because I was practicing Kriya Yoga. But Dadashreeji does not teach Kriya Yoga, and operates by blessing people with Divine Grace. He had clearly declared, ***"Before me, many had delivered teachings and techniques for your salvation and liberation. I am not here to repeat them, but to deliver that experience in your heart so that it becomes your own personal truth."*** His message was so unique and direct that it got me hooked.

I had great experiences during Bodh programs arranged by the MaitriBodh Parivaar but I was missing being in the experience of the physical presence of Dadashreeji.

So, I signed up for the seven-day program called **"Saat Din Saat Sadhana"** because it was going to be conducted at ShantiKshetra Premgiri Ashram

and in the direct presence of Maitreya Dadashreeji. This was a great opportunity for me to experience and learn more about Dadashreeji.

Every day was unique, enriching and exciting. Evening sessions were even more special due to the powerful presence and discourses of Maitreya Dadashreeji. I was impressed with His simplicity and clarity of thought. Maitreya Dadashreeji delivered the highest and profound truths of the Vedas, Upanishads and Holy Scriptures but He never referred to any of them. **His discourse was delivered from His own experience, with unconditional love and compassion for the participants.** His words empowered the minds of participants, awakening the essence of their Being, residing in their hearts.

He patiently attended to a wide range of questions from participants towards the end of each session. I prayed intensely for my turn to ask a

question. My moment of personal truth came on the fourth day, March 5, 2024. Maitreya Dadashreeji requested a sevak to give me the mic. I was equally excited and nervous. I had come to this program with a specific purpose, to experience the ultimate truth, the Supreme Being. I did not want another set of spiritual practices and techniques. I wanted a direct experience.

I conveyed my sashtang pranam to Dadashreeji. Thank you for this opportunity to be in your holy association. I always had this feeling that when Divine incarnations such as Lord Ram, Lord Krishna, Lord Buddha, and Sri Ramkrishna Paramhansa had come to earth, maybe I was not lucky enough to enjoy their holy association and attend their discourses. You have given me and all participants an opportunity and privilege to be in your holy company. Thank you for this. I don't know why but my heart keeps telling me that You are Narayana, Lord Vishnu Himself



in human form. Today I am sitting here in Your presence. With all humility, sincerity and folded hands, I pray and request You to please reveal Your true identity to me. Please tell me, who are You?"

I gave back the mic to the Sevak. Dadashreeji was smiling and the participants in the room went quiet. Time was standing still as if the entire universe was waiting for Dadashreeji's response.

Maitreya Dadashreeji spoke...

"Yes, I am Narayana. At this time, I am the only incarnation on this earth and the last one for the sake of humanity. There will be nobody after me. I and the team of realized masters of the past and present are working together for the transformation of humanity. Many things are going to unfold by the year 2032. Books will be written on Maitri Yoga after 2032. We will see it happening. All of you will have a role to play and contribute. All of you had decided to work with Me before you took this birth on earth. I am here to take all of you back to Prem Loka. You think you chose to be here at this event. But the fact is that you have been called. Everything that happens in your life is Divine Will."

He continued and spoke for fifteen minutes. He gave elaborate details of major events which would occur in the future. He shared the purpose of His incarnation and His vision for humanity, life on planet Earth. He spoke about life on other planets or lokas. He explained why and how we were sitting there in front of Him. He delivered the ultimate truth, and gave me the direct experience of it. This was the climax of my entire life's journey.

I had come to the Ashram with a specific purpose, to experience the ultimate truth. All I wanted was a small taste of the Divine,

Supreme Being. But the Supreme Being came to me in His full glory, totally unexpectedly. I had directly encountered the Supreme Being, face to face manifested in its human form. The ultimate truth, the primordial source of everything was sitting just ten feet away. All struggles and tribulations of my life made perfect sense and suddenly everything was worth it. I thanked the entire Universe for being so gracious and kind to me. I thanked my family, friends, Gurus, people and situations in life that pushed me towards this ultimate truth. I was soaked in tears, love and gratitude to the Supreme Being who had heard my countless prayers. His compassionate gaze and unconditional love filled every cell of my body, mind and consciousness. It was a direct experience of the truth. "The God (the Self, Brahman) has become everything in the universe and everything is in the God (the Self, Brahman). This universe, multiverse in space, is being held together by Divine love. We are all One." Maitreya Dadashreeji through His Divine Grace, delivered the experience of the highest truth.

The purpose of this human birth was fulfilled. There is no substitute for direct experience, which is beyond knowledge that one may gather from Holy scriptures and books. Spirituality is about experiencing the direct truth.

How blessed was I and everyone in the room, to be breathing the same air and sharing the same space with the Divine, the Supreme Being.

I could not sleep the whole night but shed tears of joy and ecstasy. There was total surrender, peace, love and gratitude to the Supreme Being, Maitreya Dadashreeji.

Dada Sharanam.

Upcoming Events

EVENT	DATE	VENUE
DIVINE LIGHT DARSHAN	7th July 2024	ShantiKshetra Premgiri Ashram
BODH II	12th – 14th July 2024	ShantiKshetra Premgiri Ashram
GURU POORNIMA	21st July 2024	ShantiKshetra Premgiri Ashram
MAITRI CHITTA SHUDDHI KRIYA	1st – 3rd Aug 2024	ShantiKshetra Premgiri Ashram
DIVINE LIGHT DARSHAN	4th Aug 2024	ShantiKshetra Premgiri Ashram
DIVINE LIGHT DARSHAN	1st Sept 2024	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.

*You are always provided with
the requisite guidance and
support to reach the 'Highest'.
It is up to you to either
accept or reject the guidance
offered.*

Maitreya Dadashreeji

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