

MAITRI Anandhita

Maitri Mahotsav 2024

Join us on 26th & 27th December for Maitri Mahotsav, a global celebration of Love, Life, and Friendship, embodying the spirit of 'One World, One Family!'

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dear Loved Ones,

Dear Loved Ones,

Namaste.

As we move into the final three months of this year, isn't it time we pause to introspect and evaluate our individual journeys? In a world beset by turmoil, unrest, divisiveness, and uncertainty, how often do we find ourselves overwhelmed by stress, depression, hatred, and anger? While we may feel powerless to change the global landscape, we can certainly choose to align ourselves with positivity and peace on a personal level. Imagine rekindling the spirit of brotherhood by learning to share, care, and love not only one another but also our precious Mother Nature. This journey invites us to rise from darkness into light.

Let us start each day with a moment of gratitude for the abundance in our lives—for the people around us, the challenges that shape us, and the simple blessings we often overlook! True gratitude is not just an expression; it is the key to unlocking spiritual fulfillment, worldly contentment, and, ultimately, everlasting peace. The MaitriBodh Parivaar brings to you systematically structured experiential workshops and processes devised by Maitreya Dadashreeji, to help us experience everlasting Love and Peace. To know more, visit: www.maitribodh.org

In this edition, under 'Pearls of Wisdom,' explore Maitreya Dadashreeji's insightful message highlighting that each person has a part to play in promoting peace and harmony, both internally as well as in connection with the planet.


Inside, read enriching articles and heart-warming tales of Divine Grace from our contributors as we bring to you interesting

reads that will help you to take a step forward for your inner growth. Do not miss the enlightening reflections shared by Maitreya Dadashreeji at the Global Peace Conference and the Power of Love event held in Europe.

Let the mantra, *#IamPEACE* serve as a daily reminder that each of us has the power to contribute to a more peaceful world. Join the movement and let your spirit shine brightly as a force for love and unity!

Join us at ShantiKshetra Premgiri Ashram on December 25, 2024, to celebrate Grace Day in honour of our beloved Narayani Maa's birthday. Then, continue the festivities as we come together for Maitri Mahotsav as a community, celebrating the birthday of our cherished Prem Avataar Maitreya Dadashreeji on December 26 and 27. This is not just an event; it's a profound opportunity to immerse ourselves in Divine Love, Grace, and spiritual growth. Come be a part of this transformative celebration, where we honour the Grace and wisdom that guides us on our journeys.

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

Embrace 
Transformation,
stay safe and
spread Love!

*With Love & Light,
Team Maitri Anahita*

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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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Editorial Team: Maitreyi Sulata, Maitreyi Varsha, Mitra Vatsal, Maitreyi
Jagruiti, Mitra Samyak

Support Team: Mitra Mohan Kant, Mitra Bikram Boparai, Maitreyi
Shaikha, Maitreyi Lori, Maitreyi Maria



Together, Detox the planet!

Dear Friends,

The deeper you delve into the intricacies of life's design, the more awe-inspiring it becomes. Life operates on the most minor and grandest scales, each with its marvels. The remarkable precision in crafting the human body sparks wonder at the ingenuity of its Creator. Every organ contributes to the body's vitality and enables us to partake in daily life. The brain empowers us to set goals, the body propels us to take action, and the mind processes the results, whether they bring success or serve as learning experiences. It's not just human life that captivates us but also the exquisitely designed nature that surrounds us. The interconnectedness of all seven continents harmoniously regulates and sustains the world's ecosystem, a testament to the beauty and balance of our planet.

Any alteration in this naturally designed system carries the power to impact the world. Imagine the Amazon forests, which absorb a major portion of the CO2 emitted by the world. What if they stop absorbing the CO2 by even a small percentage? How detrimental would that be to the world? What if there is a re-alignment between the tectonic plates? What will the impact of the massive earthquake and tsunami be in Japan? How devastating would that be for the world as a whole? It will impact more than 2 million lives directly and worldwide.

If we don't take effective steps to address it now, when will we? One of the most threatening challenges humanity faces today is climate change. It is extensively covered on various platforms worldwide, including articles, research papers, seminars, documentaries, committees, and international associations. However, at the ground level, we are not seeing enough impact to rectify the wrongs humanity is perpetrating on our beautiful planet. Humanity is not ready to give up its harmful habits to heal the climate. Undoubtedly, the natural ecosystem is slowly but steadily collapsing.

Pearls of Wisdom

We rarely see higher authorities working significantly to address this issue, and their contributions are minimal. While not everyone is obligated to take this matter seriously and take action, but policymakers, major industries, and influencers should contribute to the best of their capacity, however small it might be.


Let's consider this from two perspectives: either we've been focused on ourselves and are hesitant to take action, or we've entrusted nature to restore its balance. When the COVID-19 pandemic first hit, everything came to a halt. However, we've put it on the back burner. The emergence of long COVID symptoms is a gentle nudge for us to remember the importance of making the essential changes to restore our planet. Let's take this opportunity to work together towards healing and creating a better future for all beings.

In times of crisis, there is a widespread debate about how individuals, communities, and nations can contribute to healing the planet. Addressing personal struggles, ideological differences, and religious conflicts is crucial before focusing on environmental efforts. We need to recognise that we can positively impact the world around us by resolving our internal challenges. While global unrest and mental stress are evident today, there is also an opportunity for growth and positive change. By prioritising personal well-being and harmony, we can make meaningful contributions to the healing of our planet.

It's not just the global warming; societies, countries, life situations, and the mind are all feeling the heat. It's crucial to recognise that all these issues are interconnected. Whether we're dealing with them internally or externally, tackling them head-on is essential. Our inner peace is disrupted, and so is the world around us. Let's work together to restore balance and foster peace and harmony for everyone.

Let's believe in the power of unity! Together, we have the potential to bring peace to everyone. Just like the heavy rains purify the earth, it's time to detox the planet. We're mindful of detoxifying our bodies and minds, so why not join forces to detox the planet? Nature is already leading the way, and we can support this natural process. How can we make this remarkable change happen? By replacing negativity with positivity! Nurturing positive emotions is the key to detoxifying and restoring the planet. Love, friendship, and peace are fundamental emotions because they reflect our true nature.

*The truth is you are peace. I am peace. We all are peace.
To simplify and amplify the divine message, embrace this truth...
I am peace! Love yourself and Love others!
The Divine Light will guide you further!*

Love and Blessings! 

Maitreya Dadashreeji

More about Dadashreeji,
click here:





maitri havan

COMMUNICATE YOUR PRAYER

Invoke the sacred energies at their peak during **Navratri** through the ancient Vedic ritual of Havan to **offer your prayer** and **receive Divine grace** in return.

Sankalp (Collective) Havan pray for

- Day 1: Relationship
- Day 2: Education
- Day 3: Overcome Obstacles
- Day 4: Good Health (Ārogya)
- Day 5: Fulfilling Life
- Day 6: Success and Prosperity
- Day 7: Protection
- Day 8: Forgiveness
- Day 9: Spiritual Growth

Vyaktigat (Individual) Havan pray for a sankalp of your choice



This Navratri receive blessings from the Nav-Durgas through the ancient Vedic ritual of Maitri Havan;

INVOKE - the Divine energy of Shakti

COMMUNICATE - your heartfelt prayer

TRANSFORM - your being

Join us for the transformative Maitri Havans at our sacred home, the Divine Mother's abode, *ShantiKshetra Premgiri Ashram*, from *October 3rd to 11th*. Don't miss this opportunity to be part of a powerful spiritual experience!

One can register for **two types of Maitri Havans**:

Vyaktigat (individual) Havan: You and your family can visit the ashram in person to offer a prayer of your choice.

Sankalp (collective) Havan: Your physical presence is not needed for these havans, as they will be performed on your behalf. You can select one or more of the nine prefixed sankalps to support your growth.

To know more and to register please click www.maitribodh.org/havans

For queries and support, please message us at 88828 75929 or 98971 29176



maitri mahotsav

Global Maitri Festival 2024

26th & 27th December, 2024

Venue: ShantiKshetra Premgiri Ashram, Karjat

Maitri Mahotsav is a global celebration of Love, Life, and Friendship, embodying the spirit of वसुधैव कुटुंबकम्—'One World, One Family.' Since 2019, the MaitriBodh Parivaar has dedicated December 27th, Maitreya Dadashreeji's birthday, to uplifting humanity through Love, Transformation, and Selfless Service. Guided by Maitreya Dadashreeji, this annual event serves as a powerful reminder of our interconnectedness and the profound impact we can have when we come together for a common purpose.

Join us for the Maitri Global Festival 2024, a two-day celebration dedicated to transforming lives through focused initiatives in Rural development, Spiritual growth, and Environmental stewardship. This year's two-day event will unite rural India, corporates, communities, and devotees to drive holistic change.

Festival Highlights

Talk by Maitreya Dadashreeji: Open your heart to the Grace and guidance of Maitreya Dadashreeji as he shares a powerful and profound message on the way forth.

Community Engagement: Engage in activities and connect with like-minded individuals and organizations committed to making a difference.

Cultural Programs: Enjoy performances that celebrate our diverse cultures and highlight the importance of community and connection.

*Together, we can drive an impactful change, foster collaboration, and build a brighter future!
Let's come together to embrace the spirit of Maitri!*

For more information, please email: info@maitribodh.org

Sharing life's little blessings with peace and love in the heart!



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.

♥ This awakened heart becomes a genuine, unconditional guiding force for the mind, fostering a holistic, loving, and peaceful being.

Maitreyi Sulata emphasizes the significance of sound mental health in today's challenging environment, aligning with Maitreya Dadashreeji's vision for a Chinta Mukta Bharat by 2032

Dear Friends,

I warmly greet you in the peace and love of the Divine.

Despite being the most technologically advanced and materially comfortable generation, we are not the happiest. Rising rates of diseases, mental disorders, anxiety, depression, and violence, especially among the young, highlight a crisis in the collective human consciousness. Daily news full of alarming statistics—heart attacks in youth - terminal illnesses, addiction, and brutal crimes—yet many of us ignore this reality, feeling either helpless or indifferent. The idiom "an ostrich burying its head in the sand" aptly describes our situation. Our true enemy is our own mind, lost in the lack of positive guidance toward love and peace.

Our mental state is crying for help—are we listening?

Cause of Mental Illness

We often overlook our internal struggles, seeking constant happiness while rejecting pain. Life, however, involves both joy and suffering. Painful memories and unfulfilled desires accumulate within us, and generate similar experiences throughout our life. Since most of us are not equipped to deal with what's happening within us, coupled with the mind's own nature to keep us in chaos, confusion and desperation, it leads to the experience of anxiety, anger, sadness, thereby manifesting in physical symptoms and even substance abuse as a means of escape.

When mental agitation goes unaddressed, it can result in hatred, restlessness, fear, fatigue, and a loss of interest in life. It may also lead to extreme actions like suicides and crimes.

Heart-to-heart

Recognizing these signs is crucial, as they indicate deeper issues within our consciousness and well-being that need to be addressed.

There is a Solution!

While we often know how to care for our physical health, our agitated and directionless minds require a different approach. Recognizing this essential need of the human mind, the spiritual offerings and processes of the MaitriBodh Parivaar, guided by Maitreya Dadashreeji, aim to dissolve unwanted energies from our mind, body, and consciousness. Through divine intervention—beyond what human efforts alone can achieve—these processes facilitate spiritual transformation, leading to a more positive and peaceful existence. All spiritual processes are conducted with great care and authenticity. Participants are encouraged to engage with these practices with full faith and observe the inner changes. By removing unwanted blocks from the deepest levels of our mind and consciousness, individuals begin to connect with their true essence and the divine within. *This awakened heart becomes a genuine, unconditional guiding force for the mind, fostering a holistic, loving, and peaceful being.*

As this transformation occurs, individuals radiate the same love and peace, contributing to a more harmonious world. The divine presence awakened in your heart will always be with you, providing guidance, grace, and clarity. This inner support eliminates panic, fear, and desperation, allowing the mind to focus on freedom, growth, and love.

What can we do to support ourselves in our daily lives?

As shared by Maitreya Dadashreeji there are various ways to enhance our daily lives. Today, I am sharing a few impactful methods for achieving sound mental health:

Right Association: Surround yourself with positive, uplifting people and environments.

Avoid those who engage in negativity or gossip. Reflect on whether your associations help you grow and adjust as needed.

Awareness: Be mindful of your thoughts and actively shift from negativity to positivity. Simple actions like taking a walk can help clear your mind and focus on the positive aspects of life.

Expression: If you find yourself in a challenging situation, it's better to express and seek help. Emotional suppression only adds to the complications.

Divine Connection: Stay connected to the Divine within your heart through a simple, engaging conversation like sharing with a friend. Embrace love and gratitude for even the small blessings in your life. This connection to love is the path to experiencing inner peace and the Divine presence.

By implementing these practices, we foster a healthier and more peaceful mindset.

Chinta Mukh Bharat 2032

On the auspicious occasion of Buddha Purnima, Maitreya Dadashreeji shared the message of Chinta Mukh Bharat 2032 - a vision of a stress - free, and joyful country where all the citizens of the country are physically, mentally, emotionally and most importantly, spiritually healthy.

This initiative aims to address the root causes of stress and fear, guiding us towards true freedom and inner peace.

Let us embrace this vision and work towards a life filled with peace, love, and true freedom!

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



Seeker:

We have our own form of the Divine with whom we communicate. Why should we talk to the Divine Light?

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

Mitra Sut: Dear Friend, that is a wonderful and relevant question, likely shared by many seekers.

Anyone seeking spiritual growth needs to connect, bond, and communicate with the Divine; this is one of the highest forms of sadhana/ practice that one can inculcate for one's own growth! This is re-iterated in many Vedic and Pauranic texts, as the process involves an element of surrender, which is otherwise difficult to attain.

In Bhagwad Gita 18.66, Lord Krishna tells Arjun

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।
अहं त्वं सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः

Completely abandon all Dharmas, seek refuge in Me alone. I will release you from all sins. Grieve not.

According to this verse, 5,000 years ago, Krishna guided Arjun to surrender and connect solely with Him, as He was the physical embodiment of Brahman, the Source, who was physically present to deliver and lead all to the highest truth.

For a spiritual seeker, having a guide present physically on Earth is a profound blessing. In the current era, we have Maitreya Dadashreeji who is in the 'Transformed' state and is the manifestation of the परब्रह्म ParBrahma, the Supreme reality!

The Divine Light, which is His blessed image, helps us access that very Source. When you genuinely connect with it and share your worries, pain, and sorrows, the Divine Light will naturally guide and support you through its miraculous powers. The Divine Light embodies the entire Divine consciousness.

Grow by Asking

We know that in every Yuga/ Era the Divine manifests for the deliverance of humanity and that form has a method, program best suited for that particular time. This is why connecting with the Divine Light is so essential! Know that eventually the Source is ONE, but it takes different forms on the earth plane.

Rig Ved ऋग्वेद (1.164.46)
॥ एकं सतविप्रा बहुधा वदन्ति ॥ (Ekam saT vipra bahudha vadanti)

The "Truth" is One. The Wise call it by various Names!

While you may resonate with your own Divine forms, all are connected to the same ONE Source. Currently, the Divine is manifested as Maitreya Dadashreeji. It's perfectly okay if you don't accept this right away; take your time to connect and explore until it becomes your own truth, just as countless others around the world have discovered.

Begin by connecting with the Divine Light and the Divine form that resonates with you. The Divine light will help you connect to your own Divine form and strengthen that bond, so it's completely fine if you already have your Divine form. You may find that these two forms merge, as has happened for many others.

Maitreya Dadashreeji teaches that, at the astral level, all Divine forms work together to support a seeker's growth. You can tap into this powerful blessing of Divine unity through the Divine Light. Often, you might be unsure which form of the Divine to seek for help or how to express your challenges. However, by spending time with the Divine Light and nurturing your

connection, it will reflect your situation and guide you accordingly. As shared by Maitreya Dadashreeji, the Divine Light answers questions in 6 seconds (<https://www.youtube.com/watch?v=bT1yfcG70AI>). Isn't this a miraculous gift?

Take your time and sincerely practice connecting with the Divine Light. Before long, you'll find yourself on the path of transformation, discovering the infinite nature of the Source as embodied by Maitreya Dadashreeji, whose primary purpose is to transform you!



As shared by Maitreya Dadashreeji, the Divine Light answers questions in 6 seconds.

Balancing Gut Health: Ayurvedic Approaches to Digestion, Elimination, and Well-Being



The constituents of the body-cycle of ingestion and expulsion are equally important in regulating bodily health, writes [Dr. Sreelatha](#). Ayurveda represents a handy tool in managing the body's waste.

A healthy body relies on the balance of doshas (functional energies), dhatus (tissues), agni (digestive fire), and malas (waste products), as well as the well-being of the senses, and mind. Proper digestion, absorption, and elimination of waste (urine, feces, sweat) are crucial for energy, immunity, and overall health. Poor digestion can lead to nutrient deficiencies, weakened immunity, and various health issues. Additionally, a healthy gut supports the immune function and mental well-being through the gut-brain axis, with imbalances potentially causing mood and weight

disorders. The gut-brain axis highlights the connection between gut health and mental well-being.

Ayurveda emphasizes a holistic approach to maintaining gut health, focusing on diet, lifestyle, and herbal remedies.

What is meant by normal bowel movement?

A normal bowel movement varies in individuals, typically ranging from 1 to 2 times daily, but can be more or less frequent depending on factors like diet, age, and physical activity. In Dincharya, it is

recommended to wake up early during Brahma Muhurta and address natural urges such as urination and defecation. Symptoms of improper bowel movements include heaviness, reduced appetite, and discomfort from infrequent bowel movements.

Dietary recommendations to maintain gut health

1. Prefer freshly prepared meals that are warm and well cooked.
2. Fiber-rich foods: Consume fruits, vegetables, whole grains, and legumes to support healthy bowel movements.

Traditional Remedies & Integrated Medicine

3. Digestive spices: Incorporate spices like ginger, cumin, coriander, and fennel in your diet to aid digestion and absorption.
4. Probiotic foods: Consume fermented foods like buttermilk, etc., to introduce beneficial bacteria to the gut.
5. Reduce the intake of processed, fried, and junk foods.
6. Hydration: Drink plenty of water to keep the digestive system functioning smoothly. Drinking warm water, especially in the morning, can help cleanse the digestive tract and stimulate bowel movements.
7. Teas made from herbs like fennel, peppermint, ginger, etc., can soothe the digestive system and reduce symptoms like bloating and gas formation caused by improper bowel movement.
8. Periodic fasting can give the digestive system a break and help in detoxification.
9. Avoid overeating to prevent digestive overload.
10. Balanced diet: Consume a diet that balances the doshas, incorporating all six tastes (sweet, sour, salty, bitter, pungent, and astringent) for overall harmony.

Herbal Remedies

1. Triphala is a combination of three fruits (Amalaki, Bibhitaki, and Haritaki) that helps in detoxifying the gut and improving digestion. Consume half to one tsp of Triphala powder with warm milk or water at night after food.
2. Aloe vera juice can soothe the digestive tract and help with constipation.
3. Clarified butter (ghee - 5 to 10 ml.) in a cup of warm milk should be taken at bed time.
4. Castor oil (5 to 10 ml) taken on an empty stomach early morning helps to aid bowel movements.
5. Soak 5 to 10 black raisins in water overnight and drink the water and eat the raisins in the morning.

Lifestyle Practices

1. Regular exercise: Physical activity stimulates digestion and supports gut motility.
2. Chew food thoroughly to aid in the digestive process.
3. Adequate sleep: Proper rest is essential for overall health, including of the digestive system.
4. Stress management: Practices like yoga, meditation, and deep breathing can reduce stress, which negatively affects gut health.

5. Routine: Maintain regular meal times and sleep patterns to support the body's natural rhythms.
6. Abhyanga (Oil Massage): Regular self-massage with warm oil can enhance overall circulation. Additionally, placing 2 to 3 drops of castor oil in the umbilicus and massaging the area around the navel for 5 to 10 minutes can help improve bowel movements.
7. Do not hold the urge: Consistently holding in the urge to defecate can eventually lead to constipation.

Incorporating these ayurvedic remedies and practices into your daily routine can help maintain a healthy and clean gut, promoting overall well-being and vitality.

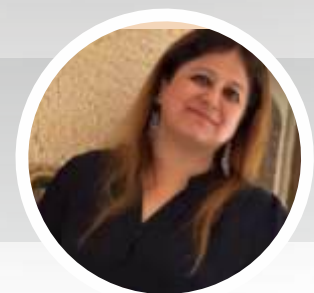


Ayurveda emphasizes a holistic approach to maintaining gut health, focusing on diet, lifestyle, and herbal remedies.



Naani Maa ki Mithai Sattu Barfi

Aparna Dedhia delves into her memories of her Naani (grandmother) and her treasure trove of recipes to share the recipe of a mithai which is as wholesome as it is flavorsome!



A while back, I was struggling to come up with a suitable power-packed, healthy sweet dish. Inspired by my grandmother's recipe book, I found her 'Sattu Barfi' recipe to be a nutritious sweet dish as powerful as store-bought protein bars, which met dietary needs and appealed to the kids too. According to Naani, three small squares of the barfi were far more nutritious than any other over the counter sourced protein bar. Sharing below a perfect recipe that is a blend of love, tradition, wisdom and has transcended time.

Ingredients

- 1 cup Bengal gram (Garbanzo beans)
- 1 cup Foxnuts (Makhana)
- 2 tbsp Clarified butter (Ghee)
- 2 tbsp Pumpkin seeds
- 2 tbsp Melon seeds
- 1 cup Jaggery
- ½ cup Water



Pots 'n' Pans

Method

1. **Prep:** Finely powder the bengal gram and foxnuts separately.
2. **Roast:** Dry roast both powders in a heavy bottom pan until aromatic. Add pumpkin and melon seeds, roasting briefly.
3. **Melt Jaggery:** Heat jaggery and water in another pan until melted into a smooth syrup. Keep a close watch, as this process is quick.
4. **Combine:** Pour the jaggery syrup over the roasted powders and mix until it is well coated forming a soft dough.
5. **Set:** Transfer the mixture to a greased plate, press down evenly, and cut into squares or diamonds before it cools. Garnish with a few extra pumpkin and melon seeds.
6. **Cool & Serve:** Allow to cool completely before removing from the plate.

This Sattu Barfi combines the nostalgia of my grandmother's kitchen making it a perfect, wholesome, nutritious treat for any occasion!



Eco-friendly Bricks

This article provides an overview of the most prominent eco-friendly brick options, their durability, and economic considerations.

Traditional clay and concrete bricks have long been the standard building materials, but their environmental impact has led to the development of various eco-friendly alternatives. These sustainable bricks offer a range of benefits, including reduced waste, lower carbon emissions, and improved energy efficiency. Here are some of the most prominent options and their advantages:

Recycled Plastic Bricks

- Made from recycled plastic waste.
- Durable, weather-resistant, and often interlocking.
- Reduces plastic pollution.

Hempcrete Bricks

- Composed of hemp hurds/hemp shiv, lime, and water.
- Lightweight with good insulation properties.
- Carbon-negative, naturally resistant to mold and pests.

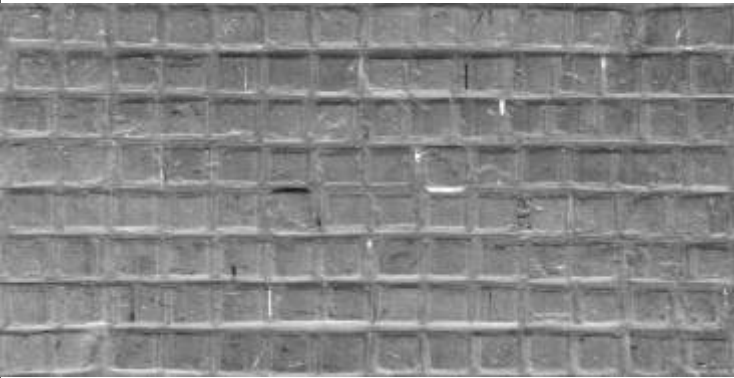
Papercrete Bricks

- Made from recycled paper, cement, and sand.
- Lightweight and fire-resistant when treated.

Earth Blocks

- Compressed earth blocks (CEB) made from soil and cement.
- Low embodied energy and can utilize on-site soil.





Ashcrete Bricks

- Made using fly ash, a byproduct of coal combustion.
- Reduces landfill waste and has comparable strength to traditional bricks.

Ferrock Bricks

- Composed of recycled materials like steel dust.
- Carbon-negative, absorbs CO2 as it hardens.

Recycled Construction Waste Bricks

- Made from crushed construction and demolition waste.
- Reduces landfill waste and can be cheaper than traditional options.

Cork Bricks

- Made from cork granules.
- Excellent thermal and acoustic insulation, renewable.

Biomass Bricks

- Made from agricultural waste.
- Provides good insulation and reduces agricultural waste.

Economic Considerations

Initial Costs: Some eco-friendly bricks may have higher upfront costs due to newer production methods, while others can be cheaper depending on the materials used.

Long-term Savings: Many eco-friendly bricks offer better insulation, potentially lowering heating and cooling costs. Some require less maintenance, reducing long-term expenses.

Local Availability: The costs of these bricks can vary significantly based on local raw material availability and transportation distances.

Government Incentives: In certain regions, incentives or tax breaks for using sustainable materials can enhance the economic viability of eco-friendly bricks.

General Durability: Many eco-friendly bricks are designed to match or exceed the durability of traditional bricks. For instance: Compressed Stabilized Earth Blocks (CSEB), recycled plastic, fly ash bricks, and hempcrete bricks are noted for their strength and longevity.

Popular options in India

Fly Ash Bricks: Widely available, cheaper than clay bricks, and utilize industrial waste.

Compressed Stabilized Earth Blocks (CSEB): Cost-effective and can be made on-site.

Recycled Construction Waste Bricks: Increasingly common in urban areas, helping reduce landfill waste.

Rice Husk Ash Bricks: Cost-effective in rice-producing regions, lightweight with good insulation.

AAC Blocks: Initially more expensive but can lead to savings in construction time and energy costs.

Conclusion

Eco-friendly bricks offer a sustainable alternative to traditional building materials, combining durability with economic benefits. Their effectiveness and cost-efficiency can vary based on local conditions, making it essential to evaluate each option in the context of specific building projects.

The most durable eco-friendly brick options include a variety of materials that not only provide structural integrity but also offer environmental benefits. Additionally, as technology improves and production scales up, both the cost-effectiveness and durability of these eco-friendly options are likely to improve further.



Their effectiveness and cost-efficiency can vary based on local conditions, making it essential to evaluate each option in the context of specific building projects.

Navratri Celebration

(3rd to 11th October 2024)

Every festival carries its unique significance and is not merely celebrated for fun and enjoyment. It's essential to grasp the deeper meanings and reasons behind our celebrations to add to their value and sacredness.

Our planet Earth draws energy from the Divine Source to orbit the Sun. The balance in Nature is maintained by the Source. This Divine Source sustains and harmonizes the Universe. In our daily lives, we often overlook the immense contribution of the Source to our existence. Everything we enjoy comes from this Source, and it's important for us to regularly express our gratitude for its provision.

Whenever there are changes in the external environment, our internal nature also experiences a transformation. Our bodies and minds adapt to these shifts. Changes in the weather and the influence of solar energy can cause our energy levels to fluctuate. When our energy is high, positivity thrives, making us dynamic, enthusiastic, creative, and happy. Conversely, when our energy dips, negativity rises, leading to feelings of greed, ego, jealousy, and hatred.

Festival days are particularly special for elevating our positive energy. These

occasions are significant because the energy from the Source is at its peak, allowing us to harness it to maintain higher energy levels. Navratri, celebrated over nine nights—Nav meaning nine and Ratri meaning nights—is an ideal time to enhance our individual energy.

God's glory, His cosmic creation, selflessness, and greatness are beautifully reflected in the qualities of motherhood. Just as a child sees the finest attributes in their mother, we too regard God as a Mother and worship Her during Navratri. During these nine sacred days, we worship the female embodiment of creation—the Divine Mother. She symbolizes the creative aspect of the Absolute. Navratri is entirely devoted to the Mother Goddess and all the attributes of Her motherhood.

What is the significance of worshipping Adishakti Mahakali during nine days of Navratri?

The term 'asur' (demon) refers to someone who is solely focused on indulging in worldly pleasures. Within us, the 'asur' symbolizes ego, sorrow, greed, jealousy, and other negative traits. The nine days of worship begin on the first day of Ashvin (September–October). During this time, the Divine Mother AdiShakti Mahakali, the source of all energy, liberates us from the clutches of these demons. She helps

us see through the veil of ignorance, revealing the illusory form of the demons. The victory over these demons is celebrated on the tenth day, Dashmi, known as Dussehra.

During the first three days, the Mother is worshipped as Durga, the spiritual force, to eliminate all our impurities.

In the following three days She is worshipped as Lakshmi, the one who bestows spiritual wealth and one who has the power to bless her devotees with inexhaustible wealth.

During the final three days, prayers are offered to Her as the Goddess of wisdom, Saraswati, for the gift of true knowledge.

In order to have a holistic life, one seeks blessings from all the three aspects of the Divine Mother.

Here are some suggestions to help a seeker receive blessings during these nine days:

You can choose to fast all nine days, from the moment you wake up in the morning until 7 pm. in the evening.

- While fasting, it's advisable to drink water, ideally warm.
- You can practice mauna, or silence, for at least one day during the nine-day period.
- You can chant the Adishakti Mahākālī mantra and the Dadashreeji mantra for 108 repetitions each day. The best time to do this is right before breaking your fast. Additionally, you may offer a prayer afterwards, to enhance positivity.
- It's advisable to be home before 7 pm to ensure you can break your fast and offer your prayers on time.
- Both outside food and packaged or processed items are strictly forbidden. It's best to stick to homemade meals during this time.

Note:

- If you have any chronic illnesses or digestive issues, please refrain from fasting. You can still follow the other guidelines, excluding the fasting aspect.
- For those unable to fast, you can chant at 7 PM and offer your prayers.
- The consumption of alcohol, smoking, and non-vegetarian food is strictly forbidden during Navratri and on Dussehra.



Adishakti Mahakali Mantra

**Om Mahalikaye Vidmahe
Premgiri Vasinye Dhimahi
Tanno Ghore Prachodhayat**

॥ॐ महाकालिकाये विद्महे
प्रेमगिरि वासिन्यै दिमहि
तन्नो घोरे प्रचोदयात् ॥

Meaning:

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

In the Limelight: Revealing Insights



Dr. Bhadant Rahul Bodhi Maha Thero
Vice President (World Fellowship of
Buddhist, Thailand), National President
(Bhikkhu Sangha's United Buddhist
Mission), World Buddha Sangha Council
(Taiwan)

Embracing the Spirit of Maitri

Meeting Maitreya Dadashreeji was a blissful experience. I acknowledge the commendable work that is being done by MaitriBodh Parivaar under the guidance of Maitreya Dadashreeji.

'Maitreya'- means 'The One' with a heart full of friendship and compassion. 'The One'- who only wants to bestow and share love and peace to all. This is only possible by 'The One' -who is living the experience of love and peace. 'Maitri Bhaav' (The feeling of friendship with all) by itself is a powerful energy as it supports friendship, supporting and standing by each other in good and challenging times. The One who experiences 'Maitri Bhaav' is able to create the experience of bliss and peace in everyone around.

Maitreya Dadashreeji's 'Maitri Mission' is a great mission committed to spread love, peace and friendship in the entire world.

I send Maitreya Dadashreeji my best wishes and blessings for the success of Maitri Mission.

**Bhawana Somaaya**

'Padma Shri' awardee, film critic, author, broadcaster, and podcaster

Unraveling the Self

My parents taught me to always follow my instinct. They said, "When you listen to your heart, chances are remote that you will go wrong." I have remembered their advice and followed it all my life.

One day, I was scrolling through my Instagram page and was captivated by a video featuring actor Smita Jayakar elaborating on the teachings of MaitriBodh. It got me curious and I contacted her for details. She connected me to a senior volunteer of the foundation and within a few days, I was invited to the MaitriBodh Centre in Mumbai's Western suburbs to experience Bodh Level - I (Awakening to Self-Realisation).

A few weeks later, I was invited to pursue Bodh Level - II (Purification) but I was not sure if I was ready to travel all the way to Karjat and live amidst strangers to experience a complex ritual they described as Purification - Chitta Shuddhi? I submitted nevertheless but will not say that the stay was easy. My mind wandered frequently and everything felt surreal around me. Was this really me participating in the chanting and the meditation classes? Thoughts appeared and disappeared while I stood still as a spectator.

The beauty of MaitriBodh is that it comes without binding. The foundation does not enforce its teachings on you. On the contrary, they leave you in your time and space. You are part of the retreat but also in isolation to discover what is happening within you and around you.

Two days later, I did return home feeling lighter, brighter, at times restless too. Will I now pursue Bodh Level – III (Path Divine)? I don't know or maybe I don't want to. I know that nothing in life is a coincidence and everything occurs for a reason.

Many years ago, when I was invited to be a part of Smita Jayakar's book event, it was probably because I was destined to meet Smita's guru and founder of MaitriBodh Parivaar, Maitreya Dadashreeji. I met him subsequently at a discourse organised by the MaitriBodh Parivaar for a select audience at a hotel in South Mumbai. Two brief encounters, that left a lasting impression. The universe always has a bigger plan for you and I will trust my heart to the universe and go with the flow.

**Smita Jayakar**

Actor, Transformative speaker, Spiritual Healer, Spiritual Guide, Writer, Author

Transformative Spirituality

I have been on the spiritual path for over thirty years. I have learnt a lot of modalities, been guided by many gurus and have undergone a lot of spiritual processes over the last three decades, but the actual spiritual transformation wherein an individual transforms from deep within and becomes a better version of themselves was something that I had never experienced. I would say that during the spiritual sessions conducted by various other Masters, I would feel a great deal of change in my being but it would unfortunately not last for more than a week. Once I would return to the real world and to my chaotic routine, I would immediately find myself slipping back to where I was.

However, with Maitreya Dadashreeji, it was a completely different ball game. In His Divine association, an individual starts experiencing a permanent shift in their being wherein they are continuously growing. When I started my journey with Maitreya Dadashreeji in 2013, I was reading many spiritual books. I began experiencing true knowledge in my daily life and was not being limited to mere intellectual, bookish information. Dada has always guided me to not get stuck to mystical visions or experiences. It does not matter which colour lights you saw, whether you saw Shiva or Vishnu or some other Divine form, but how the experience transformed you! Dadashreeji teaches me through life. I apply His teachings in daily life's situations and grow each day through them. I feel blessed to be a part of Dadashreeji's MaitriBodh Parivaar – truly a family of friends!



Adinath Kothare - Indian actor, producer, and director

From Darkness to Light

I met a MaitriBodh Parivaar family member when I was at my emotional rock bottom. I remember calling a maitreyi. It was like a sos call. We scheduled to meet at the ShantiKshetra Premgiri Ashram in Karjat. I remember speaking my heart out to the maitreyi and a core mitra. They heard me out patiently and completely and were amazing listeners. After I was done venting out and expressing, the mitra spoke. His words were like a sudden shower of rain on a forest fire, like the caress of a mother to an ailing child.

He said, "Addinath. From this point onwards I assure you, that your problems are not yours anymore. They are ours. They are Dada's. You are here. Now everything is going to be ok."

There was a positive change from that day onwards which I cannot express in words. After a few days, I happened to meet Maitreya Dadashreeji at the ashram and coincidentally it was my birthday too. Meeting Him was the best birthday gift I ever received. The gift of spirituality, the gift of finding your peace, finding your spiritual anchor, not outside but within your own self.

Thank you to the entire MaitriBodh family for coming into my life and making me a part of theirs. Love, love and only love to you. May this family awaken our world and make us realise that we all are ONE!



Actor - Aditi Pohankar

Finding my Inner Voice

If I can use one expression when I met Maitreya Dadashreeji, it is that 'I felt that I could breathe.' Working in the Indian film industry, it is no secret how hectic our lives and schedules get. We keep racing ahead in life in the name of routine or deadlines, and forget to live because we have forgotten how to love, communicate and express honestly. My experience with Dada was a divine date. I was very fortunate that I got a chance to interview Him, and my transformational journey began. Our Inner voice guides us every single moment of our lives and we tend to ignore it most of the time or are unable to hear it. After meeting Maitreya Dadashreeji, I realised that I could hear that voice, it was of my Inner Divine and it was Dada's voice for me. Dadashreeji is love, and I experience His constant presence in my life which is reassuring.

There are so many spiritual masters around the globe who only 'talk' about how to live life, but Maitreya Dadashreeji gives you the actual experience. At first you may not recognize Him, but trust me, He has always been with us, especially, as the Inner Divine within us, who guides us through the toughest of times.

Philip Arthur Zemke,



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 **Philip Zemke** as shared with **Maitreyi Jagruti Gala**.*

Philip Arthur Zemke, in the state of Montana in USA. He is an educator, art therapist, and spiritual mentor. He has been a Unity student for forty years and worked as the ordained spiritual leader at the Bozeman Unity Spiritual Education Movement for twenty-eight years and specialises in working with children and young people.

You must be among the devotees of Dadashreeji who are in their golden years. Would you be comfortable sharing your age with us? 78 years. But, when I met Dadashreeji a year ago, He

looked at me and said, “Philip, you’re getting so much younger!”

Well, you certainly have a look of vitality about you! And there is mischief in your eyes! Good catch!!

When was your first meeting with Dadashreeji?

I first met Him in 2018 when we visited India for the Bodh program. This was preceded by certain events. Dada came to the United States in 2015. A lady from Bozeman, where we live in Montana, met Him and she said to Dada, “There’s a spiritual community in Bozeman, Montana, and I imagine they would love to have you visit them. “The next year, one of our friends was in Los Angeles and he met a

mitra and maitreyi from MaitriBodh Parivaar and suggested they visit Bozeman; they agreed and that’s how the path opened for me.

I remember that they checked if we could do a Havan indoors at the Unity Spiritual Center, and I agreed. Over two years, they were here four times, and they spent several months with us, it was just wonderful.

You said that you agreed to that Havan. You are from a different faith and culture; I am curious what made you agree to this ritual?

Well, I’ve visited 21 countries in my life, and I have been on a spiritual quest too. I’ve met the Head of the Sufi Dervish school in Istanbul and spent time with him, and met the

Tales of Transformation

Karmapa, the Head of the Vajrayana Buddha school and spent time with Him so, I've been doing this work for a long time. We have an open heartedness about all global religions, all spiritual people, everyone. I've worked with Native Americans for 50 years. They have a lot of fire rituals. So, I am familiar with that, but we were to do this Havan in an indoor space, so I had some reservation. But the mitra/maitreyi gained our trust. When the mitra and maitreyi showed up, their presence was there even before they said anything. They were totally trustworthy. Of course, I paid attention as a spiritual seeker to the teachings. But we had time to be together for several days and that gave me the opportunity to understand their spiritual truth.

Since you have had such a rich experience of different spiritual traditions, how did this become more than just another spiritual adventure?

I had long thought of myself as a human being seeking spiritual enlightenment. It was in Dadashreeji's presence that I understood I was a spiritual being having a human experience. That was the difference. That was the shift.

I went through cancer in 2014. The doctors cured the cancer right away, but they had to treat it with such stringent medicines that they didn't

know if I'd survive the treatment. It was at the time I finally survived the disease and treatment that I met Dada. Dada said, "You had a wonderful, full, incredibly adventurous life." And He said, "Now you're going to step into that place you've been longing to be in all your life. Yes. Now that will be your life."

What does this human, Mitra Philip, receive from the Divine Dada?

One of the interesting things about this journey is how do we describe Dada? You know, He's Divine. He's our teacher. He's our friend, an avataar. During my Bodh program, Dada spoke to me internally for the first time. I was standing in the lobby, and suddenly, He said, "Philip, you can be a doubting Thomas for as long as you want to be." And I was flabbergasted. He gave me permission to find Him in the way that worked for me. And that's His Grace, in that there's no one path to Dada. Everyone has a unique way to find Him.

Dadashreeji redefined all my ambitious ideas about being spiritual, about my identity, and what it means to be enlightened. For the first time in my life, I felt my striving ending and I was totally at ease. I'm at ease with the world. It is so simple - *just be friends with the world.*

When I had cancer, I would sit

in the treatment room and I would listen to the other cancer patients, and most of them were talking about 'battling cancer, and cancer is my enemy'. I found myself looking at it differently, it was in my body, in my cells. How could I be fighting with my own cells? So, in my cancer journey, I made friends with cancer, and I discovered that they were adolescent cells that were growing rapidly, but they didn't know their purpose yet. So, my meditation during the cancer was, was to say to the cells of my body, 'your purpose is to finish this, this rendition and let a regeneration of whole cells come. Because you're my friends and you're my cells. You're my friends. So, I knew that is where I had opened that door.

In India, we have a multitude of spiritual traditions, and gods and goddesses. Many of us relate to the concept of Vishnu, the preserver. Is that relatable for you?

I'm deeply schooled in ancient wisdom traditions. Whether it's Christianity, Islam, or others, there's an outer practice and an inner practice/wisdom. I've been doing inner practice all my life. So, I delight in knowing about the outer forms and how they work. I can talk about different mystical traditions and where they are all talking similar approach to the Divine; only they are different cultures, they come out in a different

Tales of Transformation

time. The prophets/avataars/divine manifestations know how to bring it to the people of their time. So, it's a matter of being able to accept that the differences are there, and yet the similarities are what's holding the world together. I appreciate the universal similarities across traditions while respecting cultural differences.

I'd love to know a little about how you serve in the mission, what exactly your role is and how has seva shaped you?

When we visited India to attend Bodh V, Dada said to us, "We are not affiliated with any spiritual group, but now we want to do it with you, with the Unity Spiritual

Education Movement in America." He gave me a role, I've been a student in Unity Spiritual Education Movement for 40 years, a recognized spiritual leader for twenty-eight years, and was fully ordained in 2006, and He gave me the task of '*Build the Bridge*'.

I will say this, MaitriBodh is a unifying force or movement. People from all faiths come here and it's a healing for them. There's the idea of giving your life in selfless service. In MaitriBodh, the members are a close-knit family, bonded by love. Love is their faith. At Unity they need this teaching of Love. My service will involve integrating the teachings of

MaitriBodh with Unity principles, focusing on love, faith and selfless service.

Given everything that's going on in America right now, what would be the message your internal Dada might have for them?

The message would be compassionate love. Know that everyone in America is suffering because of a materialistic culture, we've been divided even amongst ourselves. Regardless of their political and cultural diversity, people need love. Our role is to love and hold compassion for all, recognizing the Divine in everyone.





Tunes of Transformation

Let's walk towards transformation
One day at a time
It's a process of ascension
Towards your Divine

The change would be real
And completely irreversible
A process inside-out
To stillness from doubt

Slowly He will break
All that is fake
Stripped of the lure
Making you whole and pure

Your True self that would be
Full of love and compassion
Finally setting you free
To follow your passion

Just say "Yes" to the Universe
And Transformation will begin
Hold Dada's hand tight
He will deliver you from everything

He will fill you with Love
And only Love You will feel
Towards every being around
And we will all Heal!

The World will be one Family
A dream cherished for long
With Love Incarnate Dada
Taking us along!!

Sneha Laghate



From Theory to Experience

In the path of Devotion (Bhakti), worshipping the Lotus Feet of the Guru and Ishta Devata holds profound significance. The Divine energy flows through the Lotus Feet (toes) enabling devotees to receive and experience divine blessings through them. Worshipping the Lotus Feet of the Lord is considered the highest form of devotion, as the Divine Consciousness resides in the Padukas (Lotus Feet).

In the pursuit of knowledge (gyaan), the most revered teacher of non-duality (Advaita Vedanta), Sri Adi Shankaracharya composed 'Guru Paduka Stotram' dedicated to the Holy Lotus Feet of his Guru, seeking divine guidance to illuminate the path towards salvation and remove obstacles and pitfalls encountered along the way. The stotram exemplifies the significance of Paduka (sandals) and extols the virtues of surrendering to the Guru, by which one can attain the ultimate. It is a treasure for spiritual seekers.

The Bhagwat Purana too recounts Lord Krishna giving His Paduka to Uddhava, who placed them at Badrikashrama for worship, illustrating the Paduka's role as a sacred medium of divine presence and blessing. Similarly, the Ramayan describes Bharat placing Lord Ram's sandals on the throne of Ayodhya, symbolizing devotion, and rightful rule during Lord Ram's exile.

These stories, passed down through generations, highlight the Paduka as a symbol of the Supreme Being and a conduit for receiving Divine Grace, purification, and surrender. In our technologically advanced world, we often lose touch with our inner essence. Spirituality is a path to reconnect with our True Self, and Divine Paduka worship is a time-honoured technique for experiencing the Divine Presence. This practice, relevant across various spiritual paths (Gyan Yoga, Bhakti Yoga, Raj Yoga, Karma Yoga), is crucial for spiritual evolution. It opens the heart (Anahat Chakra), fostering humility, surrender, and devotion necessary for Divine Grace and purifies the being. Paduka worship helps shift from theoretical understanding to direct experience of the Divine, guiding seekers from bondage to liberation.

Thus, understanding the immense significance of the Paduka, on June 27, I hosted the Divine Paduka of Maitreya Dadashreeji at my home. Overwhelmed with tears of joy, I welcomed Lord Narayana and thanked Him for bestowing His love and compassion upon me. The Lord Himself had decided to visit and bless my place and the entire city. It was a life changing moment for me due to the scientific and spiritual perspective.

Establishing Maitreya Dadashreeji's Divine Light and Paduka, in a state of total surrender, devotion and love we prayed to Maitreya

Dadashreeji for His Presence, spiritual guidance, Love and Grace to all those who would come for Paduka Darshan. As I was doing the Paduka Abhishekam, tears naturally started rolling down my cheeks. I was in a trance state of deep gratitude, devotion, and love of the Supreme. Words fail to describe the experience that went through body, mind, and consciousness during that moment; a state of pure devotion and vibrations of unconditional Love, Surrender, Purity, Peace, Acceptance, and Compassion. Maitreya Dadashreeji's Divine Padukas are forever etched in my heart, the seat of Divine.

I will conclude with the first four lines of 'Guru Paduka Stotram' composed by Adi Shankaracharya as a prayer to his Guru and as a prayer on behalf of the MaitriBodh Parivaar members to our beloved, Maitreya Dadashreeji. Salutations to the sacred, holy padukas of my revered Guru Maitreya Dadashreeji.

**ananta samsāra samudra tāra
noukāyitābhyām guru bhaktidābhyām |
vairāgya sāmrajyada poojanābhyām namo
namah shree guru pādūkābhyām ||1||**

Translation

Salutations to the sacred sandals (padukas) of
my Guru,
Which is a boat that helps me cross the
endless ocean of life,
Which endows me with the sense of devotion
to my Guru,
And by worship of which, I attain the dominion
of renunciation,
Salutations to such sacred holy padukas of my
revered Guru!

Yogeshwar Suryawanshi





Dr Kunti Nagwekar

A Journey from Belief to Divine Revelation

On February 18, 2023, my life was transformed by an experience of infinite and unconditional love. A dear friend invited me to ShantiKshetra Premgiri Ashram to celebrate MahaShivratri with Maitreya Dadashreeji, her Divine Guide. We arrived around 7 PM to an atmosphere filled with friendship, celebration, and the sweet chanting of shlokas. I had never heard of Dadashreeji or the MaitriBodh Parivaar before, and was excited to see what was in store. After some soulful bhajans, we were asked to close our eyes, and when we opened them, Dadashreeji was before us, smiling benevolently and blessing us, as everyone joyfully called out, "Dada, I love you." I was overwhelmed by a tingling sensation in my spine, waves of joy from my heart, and tears flowing uncontrollably. My mind was still as I focused on Him, realizing it was not an ordinary person or guru. Dada spoke with immense love and compassion, and I felt completely immersed in this bliss.

After Dadashreeji left, I rushed to the information kiosk and registered for the Bodh series. In just 14 days, I attended Bodh I, II, III, and IV, feeling a powerful magnetic pull guiding me. Whenever I thought of Dada or saw the blessed image of the Divine Light, tears would fill my eyes, and my heart would repeatedly say, "Dada, I love you!"

On March 26, 2023, I was set to travel to Jordan and Israel for a holiday with friends, a trip booked six months before my first encounter with Dadashreeji. It had been my childhood dream to visit places connected with Jesus, such as Bethlehem, Nazareth, Jerusalem, the River Jordan, and the Sea of

Galilee. During this trip, I experienced something unusual: whenever I stood before a statue of Jesus Christ with my eyes closed, I saw Dadashreeji instead. At first, I thought my mind was playing tricks on me, but this phenomenon kept happening, accompanied by tingling in my spine and a choking sensation in my throat.

I had brought a Divine Light with me, and at night, I would gaze at Dada's smiling image, asking, "Dada, what is happening? Are You Jesus Christ?" (Because Jesus had mentioned that He would return and had spoken of the second coming.) On the last day of my trip in Israel, while meditating in my room, my mind was quiet, and then it happened—He answered! It wasn't a voice, but a crystal-clear thought from deep within my heart: "I am not Jesus Christ, I am the one who sent Jesus to Earth, the one He prayed to, the one He called 'My Father'." I was shocked! Upon returning to Mumbai, I met one of Dadashreeji's core disciples and shared my experience, questioning whether it was real or just my imagination (though deep down, I believed it to be true). A week later, the core disciple told me he had spoken to Dadashreeji, who confirmed, "Yes, this is true, I have revealed the truth to her. Very soon the world will know about it."

I bow down to 'Dadashreeji - The Lord, the Ishwar' who has come down on Earth to bless us with His Divine presence and to transform us with His Infinite, Unconditional Love. We are truly blessed to be living in His physical presence and to be a part of the Mahaparivartan!

Koti koti pranams at your Lotus feet Dada



Nitin Shrotri

Transformative Journey with Dadashreeji

I am a Mechanical Engineer, MBA, automotive industry expert, consultant, and now an inventor. I owe a deep gratitude to my mentors, Mr. Vora and Mr. Mundada, for introducing me to Dadashreeji.

On March 16, 2024, I attended a program of Maitreya Dadashreeji for the first time at ShantiKshetra Premgiri Ashram, Karjat. His presence was eternal and reassuring. As He spoke, the clarity and purity in His thoughts resonated deeply. He encouraged us to see Him as a brother who would bless us and accompany us in every moment from then on, which fostered a deep sense of trust in me. He urged us to love everyone, give back to society, and assured us that the Divine Light (blessed image of Maitreya Dadashreeji) would guide us and help clear obstacles in our lives. From that point forward, we would receive guidance and gain the strength to rise above negativity. We returned with our hearts overflowing with gratitude and contentment.

Soon, a significant moment came during my mother's health check-up. Despite initial negative tests, further examinations revealed four severe blockages (90% - 100%) in her heart, necessitating an immediate bypass surgery. Throughout this, she remained calm, believing that Dadashreeji would take care of her. The surgery was complex and critical, yet everything went smoothly. While there were challenges, they were resolved effi-

ciently. Despite the busyness, we remained calm and collected. Our faith in Dadashreeji transformed a complex situation into one of peace.

This journey has fundamentally transformed my life. I have become more patient, calm, and creative, embodying Dadashreeji's core values of love, transformation, and selflessness.

While caring for my mother in the hospital, I authored a research paper and filed five provisional patents, all aimed at benefiting humanity. I aspire to inspire the next generation; my goal is to make India a leader in patent registrations for useful products. I truly believe this path is Dadashreeji's wish, guiding me toward innovation and purpose. If not, why, after thirty years of working in creative fields, did I not have a patent?

Since I began connecting with the Divine Light, I have experienced profound guidance in every moment, giving me inner strength, courage, peace, and tranquility. The Divine Light truly transforms and provides us with solutions. It is a manifestation of Divine Grace! If you haven't yet established this connection, I encourage you to seek it out today. You might be amazed at the profound impact it can have on your life.

Maitreya Dadashreeji's influence has transformed our lives immeasurably, and for that, I am eternally grateful.

Manifestation of Grace: Divine Light



Dr. Bipinkumar Shah

I wish to express my profound gratitude to Shri Vinay Mundada ji for introducing me to revered Maitreya Dadashreeji during an event in March 2024 and shared the Divine Light (blessed image of Maitreya Dadashreeji) with me. At that time, I was grappling with a challenging situation.

As an empanelled Inquiry Authority with a government department, I had conducted an inquiry with the utmost ethical standards. However, my report faced challenges from the authorities. Despite this, I stood firm and defended my report without compromising its integrity.

I began praying earnestly to the Divine Light for guidance and a positive resolution. In July 2024, I received a request from the New Delhi HQ for further details on the pending case. This request proved to be a turning point, and I provided the required information in detail.

Recently, I received communication from the Mumbai office instructing me to share my bank details for the release of my honorarium. It is clear to me that Dadashreeji's Grace – 'the Divine Light' not only helped me but also guided me through this process.

I am deeply thankful for the Grace and support I have received through the Divine Light. I would urge one and all to communicate daily with the Divine Light to receive guidance and Divine Grace, which will help you live every moment free from stress and truly enjoy life.

With sincere gratitude and respect!



Restoration of Faith

I want to share a touching experience about Mangala and how our beloved Dadashreeji supports everyone. Mangala works as a cleaner in our community, she's always cheerful and smiling. Sometime back, she had taken a long leave, and no one knew why. One fine day, my doorbell rang only for me to find Mangala standing there. Excited, I asked, "How have you been? Where were you for so long?"

She broke down in tears, explaining that her younger son had been falsely accused of murder and was in police custody along with seven others. She had approached the police and local officials but received no help. Unable to afford a good lawyer, she felt helpless and terrified, especially with people warning her that others in similar situations had languished in jail for years. She insisted her son was innocent and not the type to cause trouble, and she was devastated about what might happen to him in jail.

I invited her in, encouraging her to sit in the presence of The Divine Light and share her worries with Him, asking for help for her son's safety and release.

I offered her a Divine Light, but she hesitated, saying she had lost faith in God and Gurus. I reassured her that Dadashreeji is a Divine Friend who would help her. I encouraged her to talk to Him daily and shared stories of other devotees' experiences from the MaitriBodh Parivaar. Soon, as time passed, she seemed happier. She eventually told me that she found comfort in speaking and praying to her Divine Friend Maitreya Dadashreeji.

In early July, she came to my house with a chocolate and shared the miraculous news: the court had ordered the release of two of the eight accused, one of whom was her son. With tears of joy, she said, "This was done by your Divine Friend; I know it for sure, because everyone said this court order was unbelievable."

Now, her son is out of jail and has found a good job, all thanks to Dadashreeji's Grace.

She recently visited me and took 20 Divine Lights from me to share with her neighbours and friends. She now worships her beloved Divine Friend every day with immense gratitude for His guidance and support.

Shared on behalf of Mangala

Transformative Maitri Chitta-Shuddhi Kriya



Bhuushan Kulkarni

During Maitri Chitta-Shuddhi Kriya (MCSK) at the Shantikshetra Premgiri Ashram in August 2024, I experienced a profound realization. Leading up to this event, I had often prayed for various things—completeness, being a good human, serving others, excelling in my acting, maintaining good health, and more. However, for the first time, the phrase "Dada, please transform me" emerged strongly and consistently throughout the process. This desire for transformation was a new and powerful experience for me.

I recognized that while good and bad events will inevitably occur in life, my approach needed to change. I felt that transformation was the key to effectively navigating these challenges and moving forward to serve humanity.

Another significant realization came to me after MCSK. I had often heard the advice to flow with life, not be too hard on myself, accept things as they are, and trust the

Divine while continuing to improve. Despite receiving this advice, I struggled to understand its practical application. During the various sessions, I gained a tangible understanding of what it means to truly flow, accept circumstances, and apply these principles in my life.

The day after Maitri Chitta-Shuddhi Kriya was one of the most peaceful days I have ever experienced. Spending the day at home, I was able to apply the concept of flowing effortlessly, even when things did not go perfectly. This newfound ability to flow without suffering brought me immense peace and confidence.

Reflecting on my spiritual notes from all the MaitriBodh Parivaar sessions, I found that they contain answers to all our questions, problems, and sorrows. Every sentence during the sessions carries deep, life-changing meaning. Going back to these notes has reinforced the realization that they hold the guidance we need for our spiritual journey.

A True Friend

Yesterday, when I reached my shop, I was feeling low on energy. My shop has two shutters. Somehow, I managed to open the smaller shutter but the task of opening the big shutter seemed daunting in my current state. I went into my shop and sat on my chair. My Divine Light is always with me and I looked in the eyes of Dada and requested Him to help me and give me strength to face the day. To my surprise, soon after a boy came and said, "Why have you not opened your second shutter, should I help you?" He opened the shutter and left. I was very thankful to Dada for always being with me. I truly know that Dada always looks after His children and helps them in time of need. Love you, Dadashreeji.



Chetan Agarwal



Maitri Centre of Transcendence and Transformation (MCTT): Transforming Lives

In a world increasingly marked by selfishness, greed, and apathy, we believe that a better future is possible—but it starts with each one of us. At MCTT, it is our mission to create a nurturing environment focused on transforming humanity through self-realization, as we prepare mankind to enter the new era of universal love and peace. Our scientifically validated methodologies have already demonstrated a remarkable positive impact on cognitive function, emotional well-being, and overall quality of life.

Nestled in the serene Bhimashankar mountains of Jambrung village, our center serves as a sanctuary for personal growth. Featuring a yoga hall, dormitories, and various facilities, we are dedicated to creating an inspiring environment where

individuals can engage in self-discovery and community connection.

Your Support is Crucial

The MCTT project is not just an initiative; it's a movement towards a more compassionate world. Eligible for CSR funding under the Promotion of Healthcare—including Preventive Healthcare—as outlined in Schedule VII of the Companies Act, 2013, your contributions will help us expand our reach and enhance our programs.

Make a Difference Today

Your generous donation will not only support our programs but also contribute to the emergence of a healthier, more compassionate society.

**TO DONATE, PLEASE
SCAN THE QR CODE BELOW**



Together, we can inspire inner change and build a brighter future for all. Your support is a vital step toward helping individuals experience a vast shift in their lives, helping them bring greater harmony to themselves, their home, community, and the world at large.

Thank you for your commitment and generosity!

Paduka Prem Yatra

(19th June – 20th July)

The spiritual journey often aims to reach the Lotus Feet of the Divine, which are considered timeless and potent. When approached with devotion, these Lotus Feet are believed to dissolve our karmas and remove obstacles, enabling us to progress in life. While the Divine may take different forms across the ages, the essence remains constant in the Lotus Feet, which embody Divine Consciousness.

This year, the Grace of Maitreya Dadashreeji touched the lives of thousands across India through the month-long Paduka Prem Yatra. During this journey, the Padukas travelled from the ashram nationwide to more than 1000 homes in rural and urban areas. Guided meditations, healing sessions, havans, Bodh - I and prayer gatherings were organised for the seekers pan India. This pilgrimage fostered significant positive shift in the lives of many.

The month-long event culminated in grand rath yatras across major cities in India, including Mumbai, Pune, Satara, New Delhi, Amritsar, and Ludhiana. The Paduka Yatra concluded with a significant celebration on Guru Purnima Day at ShantiKshetra Premgiri Ashram in Karjat, marking the return of the Padukas to their sacred home.



Welcoming Divine Grace!

It was indeed a joyous moment when we got the Padukas home, bringing along positive energy and blessings. We could feel our beings flooded with love! We held a session of Maitri Sambodh Dhyaan for 50 people followed by a musical Aradhna (bhajan) session. These sessions channelized positive energy in our home. The bhajans and prayers infused all with love and warmth. I could feel Dada's presence strongly at our home and His blessings to each member of the family. The Paduka yatra is indeed a precious blessing for people whose homes He enters, spreading love and positivity there. I pray to Dadashreeji to bless every home and the people with His Divine Grace. Jai Dada!



Nitish Mahajan

Embracing the Divine Presence

I felt deeply grateful and honoured to welcome Dadashreeji's divine blessed paduka into our home. The experience was profoundly emotional and our hearts were touched to the core by His Presence.

As we spent more time with the Padukas, we experienced a remarkable surge of renewed, positive energy throughout our being. It felt as though our core was being revitalized and rejuvenated. Along with this, we became aware of various internal blocks that were gradually being released and cleared.

The next morning, we were greeted by a beautiful surprise when our bluetooth speaker suddenly began playing the Mahavishnu Ashtottar Shatanamavali amidst the bhajans. It was as if the universe itself was affirming the Blessings and Grace we were receiving.

The padukas strengthened our bond with the Divine Consciousness. As we reflected on our experience, we realized that having Dada's paduka in our home had brought us closer to His Divine energy. We felt a deeper sense of connection and oneness with Him; our hearts were overflowing with love and gratitude. We know that the Grace we received will further guide and support us on our spiritual journey; our lives have truly changed for the better.



Megha Kansal

*Addressing the
Global Mental
Health Crisis:
Introducing
ChintaMukti
Margdarshan
Kendra (CMMK)*

The global concern over mental and emotional health is escalating, manifesting in increased levels of stress, anxiety, depression, and various psychological disorders. In India alone, diagnoses of psychological disorders have more than doubled from 1990 to 2017, with the country now accounting for nearly 15% of the global mental health burden (Lancet Psychiatry, 2020; WHO).

In response to this urgent issue and in alignment with our vision of a stress-free nation, *Chinta Mukti Bharat 2032*, we proudly

launched the *ChintaMukti Margdarshan Kendra (CMMK)* in Mumbai in April 2024.

CMMK: A Comprehensive Approach to Mental Health

The ChintaMukti Margdarshan Kendra (CMMK) serves as a pioneering hub dedicated to addressing the root causes of mental stress through a combination of scientific evaluation and spiritual intervention. Our approach integrates holistic care to foster overall well-being.

Event Coverage

At CMMK, our approach involves:

- **Initial Assessment:** Conducted by a team of trained professionals, this assessment is designed to identify individual needs and root causes of mental stress.
- **Holistic Care Interventions:** We provide a range of interventions that address physical, mental, emotional, and spiritual well-being. This integrated approach ensures comprehensive support for individuals.
- **Ongoing Monitoring and Support:** Our commitment extends over a three-month period, during which we offer continuous monitoring and personalized support to track progress and adjust interventions as needed.

Our interventions are designed to:

- **Alleviate Distressing Thought Patterns:** We focus on reducing negative and counter-productive thoughts, helping individuals to shift their mindset towards positivity and resilience.
- **Enhance Cognitive Function:** Our methods aim to improve cognitive capabilities, leading to better decision-making, problem-solving, and overall mental clarity.
- **Boost Energy and Self-Confidence:** By increasing energy levels and self-assurance, we empower individuals to engage more fully in their daily lives and overcome challenges.
- **Promote a Joyful State of Being:** Our goal is to help individuals achieve a positive and joyful outlook on life, fostering an enduring sense of well-being and contentment.

At CMMK, we are dedicated to transforming mental health through a harmonious blend of scientific and spiritual practices, paving the way for a healthier, more balanced life.

Below are testimonials of a few participants:

AM

"Has brought a sense of confidence that any issue can be dealt with by taking control of myself. I need to focus on myself."

SP

"It's been a very pleasant experience for me. I believe that after these days, meditation is truly improving my life both physically and mentally. It has helped me develop a more positive outlook towards situations and negative events. I'm now able to push away negative thoughts and replace them with more positive ones. I feel great about this process."

AB

"I have been feeling more confident. My fear of staying alone at home has reduced, even when my parents were away. I managed to stay alone overnight for the first time without calling a relative or friend to accompany me. My belief in God and Dadashreeji is growing stronger, and I am gaining more strength from it. I am no longer afraid of situations; instead, I am preparing for them wisely and judiciously. I have been able to sleep well and soundly most nights."

SM

"I have experienced a sense of calmness, a belief that I can handle situations, acceptance that I don't have answers to everything, and the ability to control my anger or avoid getting upset. I am also able to speak my mind or point of view calmly."

To know more about the centre or attend a session, please visit:

www.chintamukt Bharat.org/book

To explore your current mental and emotional health, click the link below: d27.in/1568dc

For queries, click:

www.chintamukt Bharat.org/contact



Maitri Cultural Economy Summit

July 6th 2024, New Delhi

The Maitri Cultural Economy Summit, organized by the MaitriBodh Parivaar, brought together over 200 esteemed guests and dignitaries to discuss the intersection of spirituality, culture, and economy in India. Some of the key takeaways from the summit include:

Spirituality and Economic Empowerment Go Hand in Hand

The summit emphasized that spirituality and economic empowerment are not mutually exclusive. Maitreya Dadashreeji, highlighted that becoming spiritual does not require detachment from the material world. Instead, the summit envisioned a future where spiritual growth and economic prosperity are seamlessly interwoven.

Leveraging Cultural Values for Sustainable Growth

Thought leaders discussed how cultural values and traditions can drive sustainable growth. Topics included festival and temple economics, social intelligence for sustainable ecosystems, rural development, and the economic linkages of cultural activities.

Integrating Cultural Heritage with Economic Strategies

Gopal Krishna Agarwal, National Spokesperson for Economic Affairs at BJP and Patron of MCES, articulated that merging cultural heritage with economic strategies preserves traditions and fosters holistic progress. Discussions highlighted pathways to create a dynamic, inclusive economic ecosystem through the 5Ps: Performance, Potential, Path, Planning, and Policy.

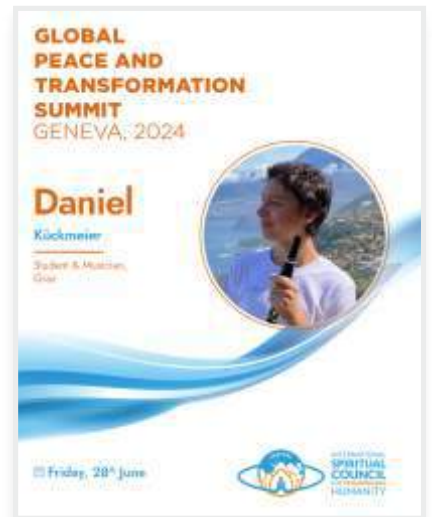
Collaboration for Positive Change

The summit concluded with a commitment to compile a report summarizing discussions and statistics for government submission, aiming for impactful grassroots change. MaitriBodh Parivaar, alongside industry leaders and the government, is positive that a prosperous (samruddh) and glorious India (sunehra Bharat) will soon become a reality.



International Spiritual Council for Transforming Humanity

28th June 2024, Geneva, Switzerland



On June 28th, 2024, in Geneva, Switzerland, the first Global Peace and Transformation Summit marked the official launch of the International Spiritual Council for Transforming Humanity (ISCTH). On a global scale, the International Spiritual Council for Transforming Humanity promotes the creation of a society and culture where individuals experience love, harmony, acceptance, inclusion, trust, freedom, and unity with themselves, others, and nature. ISCTH provides a holistic approach to peacebuilding that focuses on inner transformation and collective action.

At the recent Global Peace and Transformation Summit in Geneva, Maitreya Dadashreeji delivered a compelling keynote address on the theme of 'Inner Peace to World Peace.' He highlighted this concept as a crucial step toward realizing MaitriBodh Parivaar's vision of 'One World, One Family.' The summit was attended by over 100 distinguished global leaders, dignitaries, and guests, all united in their commitment to fostering global peace.

In his inspiring address, Maitreya Dadashreeji outlined a transformative 3-step approach to achieving world peace. His message emphasized the profound connection between individ-



ual inner peace and the broader quest for global harmony. Through his insightful talk, Maitreya Dadashreeji provided a practical framework and a powerful call to action, encouraging all attendees to incorporate these principles into their individual and collective efforts for a more peaceful and harmonious world.

The key insights from this movement are:

1. Reflection on Inner State

The movement emphasizes that the chaos observed in the world often mirrors our inner disturbances. Self-reflection is crucial; if one feels unhappy or disturbed, it is essential to acknowledge and address these feelings.

2. Daily Affirmation of Peace

Adopting the affirmation ‘I am peace’ as a daily practice. This mindset helps individuals align their thoughts and emotions with their true nature of peace, promoting internal harmony.

3. Collective Approach for Transformation

The movement outlines three essential steps for community-driven change:

- **Right Values:** Integrate compassion, empathy, and love into daily life, education, and community interactions.
- **Right Leadership:** Support leaders who are compassionate and focus on community well-being.
- **Right Purpose:** Create happy, supportive communities that guide individuals towards positive spiritual growth.

By implementing these principles, both individually and collectively, participants can contribute to a more harmonious world and lay the groundwork for lasting peace.

The #IamPEACE conference is a chapter of the *World Series - Global Peace and Transformation Summit* hosted in association with International Spiritual Council for Transforming Humanity (ISCTH).

The #IamPEACE movement unites global leaders and changemakers to explore innovative solutions for conflict resolution, social justice, and sustainable peace.

The Power Of Love

30th June 2024, Munich



On June 30, 2024, over 550 individuals from across Europe gathered at the city hall of Gersthofen, near Munich, for a transformative event featuring Love Incarnate, Maitreya Dadashreeji. The atmosphere buzzed with anticipation and childlike excitement as participants from diverse backgrounds prepared to embrace the profound energy of divine love. From the moment they entered, a palpable warmth filled the space, creating an inviting and friendly ambience.

Connection with Love

The event commenced with an introduction that emphasized love's healing and unifying power. Star musician Estas Tonne captivated the audience, setting the stage for a heart-opening experience. When Maitreya Dadashreeji took the stage, He was greeted with enthusiastic applause and radiating faces.

In his uniquely simple and loving way, He spoke about the essence of unconditional love, visibly infusing the room with transformative energy. Maitreya Dadashreeji described love as more than just an emotion; it's a state of being that can transform the world and connect us with the Divine. True love is free from conditions, expectations, or limitations. It is eternal and flows freely from the heart of the divine to all beings. By opening ourselves to this love, we align with our highest purpose in life.

Experience of Inner Transformation

Many participants experienced an immediate inner shift. Some described it as a "heart awakening," while others felt a deep sense of peace. Lisa from Munich shared, "I came here with emotional baggage, feeling lost and disconnected. During the meditation with Maitreya Dadashreeji, I felt something open within me. All the pain and fear melted away, leaving me with pure love. It was life-changing."



Unity and Friendship

Individuals from various cultures, beliefs, and age groups stood together, united in their desire to experience love in its purest form. A profound sense of community developed as strangers embraced, shared personal stories, and formed friendships.

At the event's conclusion, Maitreya Dadashreeji blessed the group with a powerful process, urging everyone to carry the love they had experienced into the world. His message was clear. *"This love is not just for you; it is for everyone. Go out and be that love, for this is how we heal the world."*

One World - One Family

The energy in the room lingered long after the event concluded. Many participants stayed to converse, reflect, and bask in the warmth of love. For some, this marked the beginning of a new chapter in their spiritual journey; for others, it reaffirmed the path they were already on.

As attendees departed, a collective understanding emerged: this was not an end, but the beginning of something greater. Each person carried a piece of the divine love they had experienced, ready to share it with others and transform the world.

Global Peace Conference: Inner Peace to World Peace, #IamPEACE

21st September, 2024, Dubai



In a unique assembly for global harmony and unity, leaders, diplomats, and peace advocates gathered at the #IamPEACE - Global Peace Conference in Dubai 2024. This event was hosted by the International Spiritual Council for Transforming Humanity (ISCTH) and partnered with Etisalat Academy and the MaitriBodh Parivaar. The event celebrated the International Peace Day by uniting thought leaders from various sectors to promote sustainable peace.

Centered around the theme 'Inner Peace to World Peace', the conference encouraged

constructive dialogue and creative solutions to create pathways for lasting peace.

Dignitaries attending the Conference included H.E. Brigadier General Nasser Kadem Al Kaabi, Director General of Happiness at the Ministry of Interior, Dr. Faisal Shaheen Al Hammadi, Vice Chairman of the Board of Directors, Emirates Creative Society and Ms. Hager Al Essa, Secretary General, Emirates Association for Creativity among others.

Call for Peace

The event featured a powerful keynote address by Mitra Parn, founding member of ISCTH, Global Transformational Speaker, and direct disciple of Maitreya Dadashreeji. He inspired attendees with profound insights on attaining inner peace, by emphasizing that achieving lasting global harmony begins with nurturing inner peace within ourselves. While external solutions are important, true progress depends on each individual cultivating inner tranquility, which serves as the foundation for a world built on shared values of understanding and peace.

Other prominent speakers included:

- *H.E. Bishop Paolo Martinelli, Apostolic Vicar of Southern Arabia, who spoke on the power of forgiveness and compassion in achieving peace.*
- *H.E. Satish Sivan, Consul General of India to Dubai, who stressed the importance of pursuing peace in the current times.*
- *Mr. Surender Singh Kandhari, Chairman of Al Dobowi Group and Guru Nanak Gurudwara, Dubai, who highlighted the need for a culture of peace that includes values, attitudes, and behaviours.*

Panel Discussions

A panel of distinguished leaders and experts engaged in discussions moderated by Kaivalya Kashyap, President of ISCTH. Notable panelists included:

- *Mr. Khalid Al Awadhi, Deputy CEO and Director of Partnership and Membership, Dubai Humanitarian.*
- *Mr. Mahesh Advani, prominent Indian businessman, philanthropist, and motivational speaker.*
- *Dr. Taghrid Zuhdi Mohamed, President and founder of the Ofuq AISalam Alduwali Centre.*

The discussions explored critical issues and strategies for effective peace-building in a globalized and diverse world.

Call to Action

As the conference concluded, the organizers encouraged all participants and stakeholders to leverage this momentum by sharing their commitments and projects using the #IamPEACE hashtag. Together, they aim to build a sustainable network dedicated to peace, ensuring that the seeds planted during the conference flourished into a shared future of harmony and understanding.

*For more information, email: info@mbplife.ae,
Call: 050 6507998*



YGPT Celebrates International Peace Day: #IamPEACE

21st September 2024

Youth for Global Peace & Transformation (YGPT), the youth wing of MaitriBodh Parivaar, is dedicated to fostering peace through transformative actions.

Established by the UNGA in 1981, International Peace Day is celebrated on 21st September each year to serve as a powerful reminder of our collective commitment to peace. To commemorate this day, YGPT, collaborated with the International Spiritual Council of Transforming Humanity (ISCTH) under the #IamPEACE movement. Over 3000 participants reconnected with their inner selves to embody peace.

Participants from cities such as Delhi, Mumbai, Gandhinagar, Pune, Ludhiana, Amritsar, Hyderabad, and Nashik, along with individuals from Switzerland, Austria, and Italy, came together in unity. United by love, all participants created a human chain at each location, representing 'One World, One Family.' The event concluded with a silent peace rally and a heartfelt prayer for Mother Earth.

YGPT believes in the power of youth to drive meaningful change.

To join our initiatives, please reach out at team.ygpt@gmail.com





Stress Management and Emotional Stability Program

A Stress Management and Emotional Stability program for the medical staff at *Sahyadri Hospital, Deccan Branch, Pune* and for the esteemed medical professionals at *Sarvodaya Women's Hospital, Dharwad, Karnataka* in May, 2024. This initiative is part of our ongoing commitment to supporting the well-being of frontline healthcare professionals in high-stress environments.

The program saw enthusiastic participation from Heads of Departments in fields including Biomedical, Pharmaceuticals, Nursing, Psychotherapy, and Pathology. The well-being of these dedicated professionals is essential to healthcare, as it directly affects patient care.

The program offered practical tools for managing stress and maintaining emotional stability, essential for navigating high-pressure environments. *Participants reported an overwhelmingly positive response, noting immediate benefits in managing both personal and professional stress; for the valuable insights and emotional support provided.*

Aligned with the '**Chinta Mukh Bharat 2032**' mission, this successful session underscores our dedication to supporting those who care for others. Through these efforts, we continue to promote Maitreya Dadashreeji's message of love, care, and emotional resilience.

To arrange these sessions, please feel free to reach out at: 97692 70224

Upcoming Events

EVENT	DATE	VENUE
NAVRATRI	3rd - 11th Oct 2024	ShantiKshetra Premgiri Ashram
DIVINE LIGHT DARSHAN	6th Oct 2024	ShantiKshetra Premgiri Ashram
DUSSHERA - SHOBHA YATRA	12th Oct 2024	ShantiKshetra Premgiri Ashram
SPIRITUAL WEEK	15th - 19th Oct 2024	ShantiKshetra Premgiri Ashram
DIVINE LIGHT DARSHAN	3rd Nov 2024	ShantiKshetra Premgiri Ashram
BODH IV - HEAL THE SOUL	13th - 17th Nov 2024	ShantiKshetra Premgiri Ashram
DIVINE LIGHT DARSHAN	1st Dec 2024	ShantiKshetra Premgiri Ashram
GLOBAL MAITRI FESTIVAL	26th - 27th Dec 2024	ShantiKshetra Premgiri Ashram
NOURISH THE SOUL (INTERNATIONAL)	29th - 31st Dec 2024	ShantiKshetra 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.

“

*Peace within me is peace
within you
Peace within you is peace
within many
Peace within many is peace
in Nature
Peace within Nature is
peace in the world.*

”

Maitreya Dadashreeji

Our Spiritual Centres

ASIA

NEPAL | INDONESIA | THAILAND | HONGKONG | SINGAPORE | MALAYSIA | JAPAN | MYANMAR

Maitreyi Poonam Rawal Maitreyi Sampada

+91 9819007459

+91 98197 66372

mbpasia@gmail.com

EUROPE

AUSTRIA

Jutta Mittermayer

DorisPeschak

+43 676 4204820

info.at@maitribodh.eu

GERMANY

Sandra Schmalisch

+91 88284 01545

info.de@maitribodh.eu

ITALY

Simona Napolitani

+39 393 572 8535

info.it@maitribodh.eu

SWITZERLAND

Urs Buhner

+41 78 909 6977

info.ch@maitribodh.eu

UNITED KINGDOM

Maitreyi Leena Devrukhkar

+44 7743427975

info.uk@maitribodh.eu

UNITED STATES OF AMERICA

Maitreyi Valora / MaitreyiLori

+1 (563) 508 5745

Info@maitribodhusa.org

maitreyi.valora@maitribodh.org

BRAZIL

Maitreyi Vanessa Nascimento Syrio

vsyrio@gmail.com

MEXICO

Maitreyi Maria

+52 55 2278 8814(Whatsapp)

maitreyi.maria@maitribodhusa.org

CANADA

Harsh Pandey

pandeyharsh02@gmail.com

For Meditation Visit

www.maitribodhusa.org

For Soul Nourishing Centres Visit

www.maitribodhusa.org/centres

For Bodh & Havan Offerings Visit

www.maitribodh.us

MIDDLE EAST

Maitreyi Shaikha

+971 50 157 5770

Maitreyi Leela Dhar

+971 50 650 7998

info@mbplife.ae

AUSTRALIA

Mitr Gomant

+91 9811013954

harshbhalla@gmail.com

AFRICA

Mitr Samyak

+91 97176 87293

mitr.samyak@maitribodh.org

We have centers located across India. For details,
please contact our helpline number - 8929 707 222 or email at: info@maitribodh.org