

MAITRI *Anahita*

Global Maitri Festival

The Power of Maitri,
Selfless Service, Love,
Transformation, Unity



Food for the Soul
Heart to Heart 08

Health And Wellness
Traditional Remedies &
Integrated Medicine 13



Nature & Environment
The Conscious Cosmos 16

MaitriBodh Parivaar
Tales of Transformation 24

dear Loved Ones,

Dear Loved Ones,

Namaste.

Warm Greetings of the season and a Happy Divine New Year!

As we look to the future, we must ask ourselves: what kind of a world do we want to create? A world divided by hatred, fear, and greed, or one united by love, compassion, and understanding? The answer lies within each of us. It begins with a shift in consciousness—a recognition that we are not isolated beings but part of a vast and interconnected web of consciousness. When we recognize our 'true identity' and see ourselves as integral parts of the whole, we can begin to heal ourselves, our communities, and our planet.

The coming times call for nothing less than the best of who we are, and that best can only emerge when we live by the timeless spiritual values that have always been the foundation of a truly peaceful and prosperous world. It is time to reconnect with our 'core,' to embrace the transformative power of spiritual awakening, and to live our lives with purpose, compassion, and unity. Let us heed the call and come together as one family—one world, ready to heal and build a brighter future for all.

In this edition, under 'Pearls of Wisdom,' read Maitreya Dadashreeji's insightful message that holds the key to unlocking your potential and creating a harmonious world for all.

Dive into insightful and enriching articles that offer a deeper understanding of transformative spiritual initiatives and experiences. Don't miss the heartfelt experiences shared by devotees, offering inspiring glimpses of personal growth and divine connection. Read on for a truly uplifting journey!

Discover the inspiring initiatives of the MaitriBodh Parivaar that are transforming communities and spreading love, unity, and peace across India. The 'Ek Bharat, Hum Bharat' padyatra emphasized cultural harmony, while the Dev-Diksha program plays a pivotal role in a seeker's journey of Mahaparivartan. The Vishwashanti Mahayagna for World Peace called for collective responsibility in fostering global healing. The 'Transform Jammu & Kashmir' initiative aims to empower youth and promote unity in the region. Additionally, medical camps held in the Raigad District provided vital healthcare services, including eye check-ups and artificial limb fitments, furthering the organization's commitment to social transformation. Read the full coverage for deeper insights into these extraordinary efforts to uplift society and inspire hope for a brighter future.

Wishing you blessings and divine protection!



*With Love & Light,
Team Maitri Anahita*

content



Food for the Soul

- Pearls of Wisdom 04
- Heart-to-Heart 08
- Grow by Asking 10

Health & Wellness

- Traditional Remedies & Integrated Medicine 13
- Mindful Morsels 15

Nature & Environment

- The Conscious Cosmos 16

MatriBodh Parivaar

- Devotees' Experiences 18
- Tales of Transformation 24
- Musings 36
- MBP Programs & Offerings 39

PEARLS OF WISDOM

This is the time to experience Spiritual Transformation which is true transformation.

THE CONSCIOUS COSMOS

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



TALES OF TRANSFORMATION

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'

EVENT COVERAGE

Discover more about our initiatives such as Ek Bharat Hum Bharat, Dev Diksha, the Global Maitri Festival, and various social outreach programs.





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Beginning of a new chapter!

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

As we have advanced in our mission of spreading love and peace over the past year, our collective efforts have led to a significant amplification and upgrade in the nature of our work. This would not have been possible without the unwavering support and dedication of every member of the MaitriBodh Family. Despite the challenges, our team has remained consistent and resilient, serving humanity with pride and determination.

Our vocal advocacy for the importance of stability in mitigating unrest and clarity in negating chaos has been well-received by many groups and individuals. The positive responses we have seen are a testament to the relevance and impact of our message. These responses inspire us to continue our efforts and bring about positive change within and outside our community.

The path-breaking initiative MaitriBodh took was to form an organised international platform for many like-minded people to come

together and contribute to bringing people together all across the globe. This platform, known as the 'International Spiritual Council', is a global hub for spiritual leaders, practitioners, and enthusiasts to share their wisdom, experiences, and initiatives. It serves as a platform for collaboration, learning, and growth and is a key part of our mission to spread love and peace globally. Under this platform, we inaugurated our global stance to establish our message of 'One World, One Family' at Geneva. More than 40 countries' representatives volunteered for the larger purpose.

Also, to ease our work for Chinta-Mukt Bharat, we launched our first-ever online interactive portal, Nachiket. Nachiket is a comprehensive resource that provides instant, practical solutions for personal, psychological, and spiritual issues. It's a tool designed to support your personal and spiritual growth, and we encourage all members to make use of it available on the MaitriBodh website.

With the last year's solid groundwork, let us transform our society brick by brick into a

Pearls of Wisdom

more harmonious and cohesive one. With an undeterred vision, the transforming mind, and association of the Divine, we can accomplish this herculean task together.

In the coming times, we need to realise that we can channel the power of the inner divine to achieve our dreams. The straightforward way is to upgrade the mind and unshackle the power of the Divine for your growth.

Hence, let us focus this year on directing your divine energies into making life happier and lighter. Every day, take time out and exclusively devote it to your spiritual upgradation through the practice of 'Maitri Dhyaan', a meditation practice focused on cultivating love and compassion, or 'Sambodh Dhyaan', a meditation practice aimed at enhancing self-awareness and understanding. These practices can help you connect with your inner divine and lead a more fulfilling life.

We know that a sense of division amongst the people emerged strongly when the world came together. The un-divine selfish minds have started feeling insecure as they enter their last phase of survival. The world is ready to welcome love and all-inclusiveness. As always, this time too, the heart is winning over the ignorant, limited mind.

As representatives of Love, we should continue infusing love and friendship wherever we see hatred and division. This year, it will be the duty and privilege of every member of society to promote peace, spread love, and cultivate friendship wherever we go. Only Love can heal pained hearts and bring broken families and societies together; we all have the power to be agents of universal love.

This year, in addition to the divine time for personal growth and promoting peace, we also need to get involved in serving humanity as it suits us. One may educate someone, guide someone, or heal someone in need.

Follow your heart! With this service, you may start transforming one soul at a time, but in the longer run, we will see the ripple effect of it being amplified, impacting the global community.

Let's all commit to this journey of personal growth and service, knowing that our individual actions can lead to collective change.

The new chapter begins!

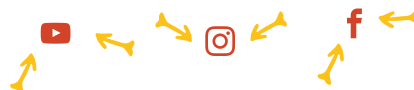
The Divine Light will guide you further!

Love and Blessings!



Maitreya Dadashreeji

More about Dadashreeji,
click here:



Dev-Diksha



Shree Mahavishnu's Shree Manimukut (Dev Diksha Hetu)

The transformative journey of 'Mahaparivartan' began for hundreds of seekers through the groundbreaking Dev-Diksha program, held across India. To know more, visit **page 40**

Ek Bharat, Hum Bharat

Padyatra



The 'Ek Bharat, Hum Bharat' padyatra on December 15th ignited a powerful call for unity, love, and peace across India—read more about the inspiring event on **page 42**

Re-igniting Bharat's Spirit

Maitreyi Sulata shares the importance of 'The Message of Bharat', our India and our role in the current times of Transformation aligning us all with Maitreya Dadashreeji's Vision of 'Ek Bharat, Hum Bharat'.

Dear Friends,

I warmly greet you in the Love and Peace of the Divine. Wishing everyone a very happy and blessed 2025!

It's a moment of joy and honour to begin the New Year with a sharing of my learning and experience of Maitreya's Vision for our 'Bharat'(India)by rekindling its soul and reviving it's true essence as the 'Vishwaguru'. The spiritual significance of 'Bharat' is vast and diverse, emanating a unique energy that awakens sacred emotions within us, enabling us to embrace its cultural heritage and samskaras (values) naturally. It serves as a reminder of the quest for meaning and connection that transcends individual beliefs, inviting people from all backgrounds to discover the rich spiritual heritage of this remarkable land of saints and sages. Bharat continues to inspire spiritual seekers, offering timeless wisdom and profound insights into the very nature of existence.

Bharat – The Heart of our World

Nearly all major religions around the world have their origins or connections to this country. Almost everything of consequence began in Bharat. As Divine Friend Maitreya Dadashreeji says, "If you observe the world, you will realize that Bharat is the heart of the

world." As the heart beats in Bharat, the world receives life, likened with oxygen and blood circulating to every corner of the globe, with the Divine message reaching all. When we, as Bharatiya, transform and reconnect with our true nature and identity, our country will also reignite its spirit and essence as the Vishwaguru. Maitreya shares that when we recognize our own true nature, the nation will awaken to its true identity. When we embrace our culture, the country will rediscover its cultural roots, ultimately guiding it to the position of Vishwaguru – the source of transformative knowledge for the entire world. The time has come for us to understand how we once were and how we must live moving forward.

The Strength of 'Bharat'

Maitreya Dadashreeji shares that there is a unique energy felt the moment you touch and walk on the land of Bharat. The soul of India's cultural heritage lies in its ability to embrace a confluence of religions, traditions, customs, and beliefs, all of which Bharat has preserved over the years, with 'Divine union' being the sacred essence at its core.

'Bharat'- interpreted as devoted to Light or True Knowledge truly reflects the spiritual purpose of our nation!



The Great Transformation (Maha – Parivartan) – towards the Divine Age

Maitreya Dadashreeji shares that the lifespan of any process in a country or society is typically around 100 or 90 years, after which a significant transformation occurs. Another major shift occurs after 1400-1500 years, followed by further changes after 14,000 years. Accordingly, a profound change is set to take place now, marking the arrival of 'Amrit Kaal'.

'Bharat' went through a period of about 1000-1500 years when the flow of culture became fragmented for various reasons. However, now it is our responsibility as Bharatiya's to act with pure intent and work towards re-establishing the Truth on our sacred land. Maitreya shares that we must eliminate the differentiating mindset of 'ours' and 'theirs,' as this division causes fragmentation among the people. Now there should be no theirs and ours, only all of us together. Bharat belongs to all of us—it is ours and for everyone.

The Role of MaitriBodh Parivaar

The MaitriBodh Parivaar, has been tirelessly working towards this goal since 2013. As Bharatiyas, every individual must contribute to this cause and must walk this path together as ONE COUNTRY – ONE FAMILY, removing all boundaries and distinctions that might divide us.

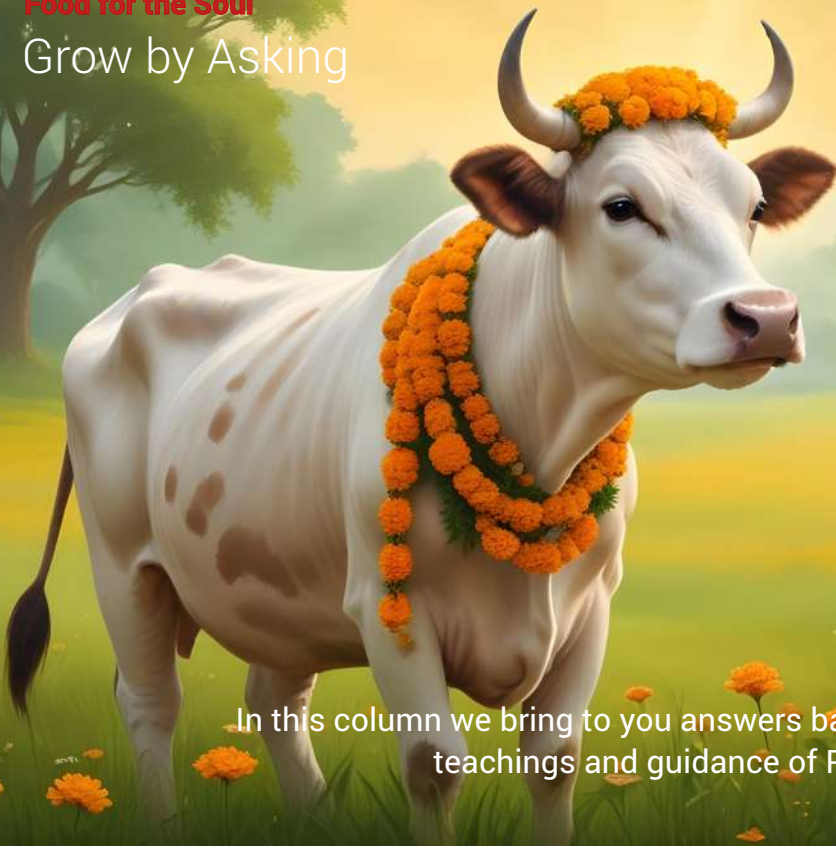
Maitreya Dadashreeji shares that when we begin to see 'Bharat' as one country, one family,

everything will become easier, and all our suffering will begin to fade away. He explains that when only a few are considered 'ours,' many others drift away, as you see only some as yours while the rest feel distant. But when everyone is 'mine', then all belong to me.

One World – One Family

Dadashreeji urges us to see the Earth as our mother and truly feel that we are her children. This is not just a concept, but a state of being—a truth that Bharat is our family, and the entire world is our family. Let us embrace everyone as 'mine' and move forward together, working selflessly for the betterment of all. With perseverance, we must recognize that we are united as one family, including our country and the world.

We come from a land that breathes the ideal, of the world is our family (Vasudhaiva Kutumbakam). Now, it is up to us to realign our thoughts and actions to reflect upon this truth. Under the guidance of Maitreya Dadashreeji, the MaitriBodh Parivaar is committed to fostering Maitri Bhaav—the spirit of friendship and harmony—to establish EK BHARAT, HUM BHARAT. When we grow, the nation grows; when we transform, the nation transforms; as the nation transforms, the world will transform. *Let's walk as one, for a Bharat that unites and transforms the world!*



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

Seeker:

How does the spiritual and scientific significance of cows in Indian culture intersect, and what role do they play in promoting both personal transformation and environmental sustainability?

Mitra Sut: In Indian culture, cows are honored as Gaumata, or the 'Divine Mother', symbolizing purity, nourishment, and spiritual elevation. This deep reverence is rooted in ancient Vedic and Puranic scriptures, which regard cows as sacred and divine beings.

In Vedic literature, cows have symbolized abundance and purity, and are synonymous with blessings, health, and prosperity. In the Rigveda (6.28.1), a verse states:

“इमं नस्तोकमिच्छन्ति वेदिं गोषु पाययन्ति।”

“The cows have come, and we have derived nectar from them.”

Here, 'nectar' symbolizes not only milk but also divine sustenance.

The Puranas further elevate the sanctity of cows, with both the Bhagavata Purana and the

Bhagavad Gita highlighting Lord Krishna as Gopala, the cowherd and protector of cows, underscoring their sacredness. His deep affection for cows is evident, as he is often portrayed playing his flute, surrounded by cows in a serene pastoral setting.

Kamadhenu, the wish-fulfilling cow, represents the infinite abundance of the cosmos, granting the desires of those who serve her with devotion. The Padma Purana and other ancient (pauranic) texts echoes this concept, depicting cows as bearers of all deities and sacred energies:

“गावो विश्वस्य मातरः।”

“Cows are the mothers of the universe.”

This underscores the cow's position not just as an animal but as a cosmic entity whose presence nurtures and elevates all who revere her.

Grow by Asking

In the Mahabharata (Anushasana Parva), it is said:

“सर्वदेवमयी माता सर्वतीर्थमयी तथा। गायत्र्याः परमं स्थानं
गवां मध्ये प्रतिष्ठितम्॥”

“The cow embodies all deities and all sacred places. The supreme abode of Gayatri resides within the cow.”

By worshiping cows, one aligns with all deities and sacred places, fostering spiritual harmony.

The Scientific Perspective: Ecological and Nutritional Importance

In addition to their spiritual significance, cows contribute greatly to sustainable agriculture, energy production, and human health.

Cow dung: It is a natural fertilizer rich in essential nutrients like nitrogen, potassium, and phosphorus. It revitalizes soil health, promotes microbial growth, and reduces reliance on chemical fertilizers, making it an invaluable resource for organic farming. Biogas produced from cow dung serves as a renewable energy source, reducing dependency on fossil fuels and minimizing pollution, especially in rural areas.

Cow milk: Regarded as a complete food, it provides essential proteins, calcium, vitamins, and minerals, promoting overall health. Ghee made from cow milk has long been celebrated in Ayurveda for its health benefits, including improved digestion and joint lubrication. Furthermore, studies on cow urine indicate that it may have antimicrobial properties, lending support to its use in traditional medicine.

The Spiritual and Transformational Impact of a Gaushala

The presence of a gaushala (cow shed) near a home or ashram is believed to be

transformative, boosting the energetic purity and positivity of the space. Scriptures indicate that cows emanate a peaceful, divine energy that uplifts the surroundings, creating an atmosphere of calm and spiritual harmony. Traditional practices, such as coating floors with cow dung, which serves as a natural disinfectant, further enhance the cleanliness and tranquility of the environment.

The Puranas mention:

“गोमाता वसुंधरा, सर्वकामप्रदा सदा। या तस्या पूजनं
कुर्यात्, सा मुक्त्या नात्र संशयः॥”

“The cow is as venerable as the Earth itself and grants all desires. Those who worship her are assured of liberation without a doubt.”

This reflects the belief that the cow's presence has the power to purify, protect, and uplift those around her.

In spiritual centers, a gaushala enhances meditative practices by grounding individuals and nurturing a deeper connection with the Divine.

According to the Pauranic texts:

“गवां सेवां कुरुते यो नित्यं नरः, सर्वपापविनाशनम्। कुलस्य
सर्वपुत्राणाम् उद्धारो जायते ध्रुवम्॥”

“He who serves cows daily is freed from all sins; his entire lineage, too, is uplifted.”

This underscores the cow's power to purify not only individuals but entire family lineages, liberating them from negative karmic influences. Rituals such as 'Gaudan', which involve adopting and caring for a cow, are still practiced today.

Karmic Benefits of Worshipping Cows

In Vedic and Puranic traditions, cow worship is believed to cleanse negative karmic imprints accumulated across generations.

Grow by Asking

The Puranas declare:

**“न हन्यते गौर्वि तुल्या विना यदा। सर्वदेवमयी गौः
सर्वप्राणमयी सदा ॥”**

“One should never harm the cow, for she embodies all that is divine and sustains all life.”

By worshipping cows, one aligns with the virtues of patience, compassion, and nurturing, qualities regarded as remedies for karmic impurities.

Through serving cows, devotees generate positive karmic imprints, attracting divine blessings and transforming negative karmic cycles into avenues of grace and fulfillment.

Cows hold a sacred place as ‘Gaumata’, embodying the virtues of abundance, purity, and nurturing.

In honoring cows, ancient wisdom and modern science come together, highlighting cows as essential sources of nourishment, peace, and divine energy. By venerating cows, one transcends karmic cycles, aligning with a compassionate and harmonious way of life that benefits all beings.

As Prem Avataar Maitreya Dadashreeji shares,

“The cow is one of the most sacred animals that I really connect to. She is the mother. Any torture or killing of cows is a heinous act! To take care and serve the cows is doing a profound selfless service, a sacred Divine act.

The Cow lives on the principle of only ‘GIVING’. Every part of the cow is sacred, including the cow dung and its urine (gowmutr). Gowmutr has antiseptic properties and is useful for many many things.”





Sound Bath

Tap a singing bowl to tap into wellness at all levels - emotional, mental, and physical. [Pooja Chiplunkar](#) elaborates on this non-invasive and low-cost technique in promoting wholistic wellness.

My journey with Himalayan singing bowls began during a period when I was fully immersed in teaching Yoga and Pilates. At the time, I knew little about singing bowls and was skeptical of their healing effects. My focus was entirely on physical fitness and wellness, and the concept of using sound for healing was something I had never explored. That changed when a close friend invited me to experience a private Sound Bath session. She used Himalayan singing bowls, and as she

guided me through the practice, I entered a state of deep relaxation. Surrounded by the calming sounds and vibrations, I felt an inner transformation. For the first time, I experienced a profound sense of peace and calm, unlike anything I had felt before. That session marked a turning point for me.

Curious and eager to learn more about these powerful instruments, I enrolled in a sound bath teacher training course. Through my studies, I discovered that these bowls,

crafted from a blend of metals, originate from the Himalayan regions of Nepal, Tibet, and India. For centuries, they have been used in spiritual and healing traditions.

What is a sound bath?

A sound bath is an experience where you either sit or lie down while immersing yourself in the sounds and vibrations of singing bowls. It's referred to as a "bath" because, like being enveloped in water during a bath, you are surrounded by sound. The goal is to promote deep

Traditional Remedies & Integrated Medicine

relaxation and healing for both the mind and body.

How do singing bowls work?

When the singing bowl is gently tapped or rubbed with a wooden stick, it produces a soothing sound. This sound is not only heard, but also felt in the body. Sound is a form of vibration, and vibrations can move water. Since the human body is made up of around 70% water, the vibrations from the bowl pass through your body, inducing a sense of peace and relaxation. These vibrations help release energy blockages, calming both the body and the mind.

Understanding the principles of Naad Yog, or the 'yoga of sound,' can enhance the experience of Sound Baths. Naad Yog teaches that sound vibrations have a powerful effect on both the mind and body. Just as all matter is made of vibrations, so are our bodies. By using sounds from instruments like singing bowls, we can bring balance and harmony to our body and mind.

Here are the benefits of this therapy:

Physical benefits

Reduces stress and anxiety:

Participants report lower stress levels and calming of the nerves.

Improves sleep: The relaxation induced by the bowls makes it easier to fall asleep and enjoy restful nights.

Eases pain: Vibrations from the bowls can alleviate physical pain and discomfort. It's a gentle, non-invasive way to reduce pain.

Enhances breathing: The calming sounds encourage deeper, slower breathing, which is beneficial for overall health.

Mental benefits

Clears the mind: The soothing sounds help to clear mental clutter, making it easier for many participants to focus and think more clearly after a session.

Boosts mood: The peaceful vibrations from the bowls help uplift mood, leaving participants feeling refreshed and joyful.

Stimulates creativity: A relaxed mind is more receptive to new ideas. Many people experience increased creativity and inspiration following a sound bath.

Emotional benefits

Balances emotions: The vibrations help balance emotions, leading to a more stable and calm state of mind.

Releases tension: Emotional tension often melts away during a session, leaving participants feeling lighter and more at peace.

Promotes inner peace: The calming experience fosters a deep sense of inner peace and contentment.

Using Himalayan singing bowls has had a positive influence on the lives of many individuals. These bowls serve as a potent tool for healing and relaxation, helping to alleviate stress, enhance sleep, relieve pain, and promote a sense of peace and balance. Whether you experience a sound bath at home or participate in a guided session, the calming sounds of these bowls can significantly improve your overall well-being.



Sweet & Sour Parsi Vegetable Stew

Goolcher Navdar shares a recipe for lifting the humble vegetable stew, a staple of Parsi cuisine, to a dish with spice, heat, and some sweetness to round off a delicious meal!

This Sweet & Sour Parsi Vegetable Stew combines a delightful array of vegetables with a rich blend of spices and a touch of sweetness. It's a heartwarming dish that brings together the essence of Parsi cooking in a delicious and satisfying way. Enjoy every spoonful of this flavourful stew with your favourite roti for a complete and fulfilling meal!

Ingredients (Serves 4)

- 50 gm Carrots
- 50 gm Sweet potatoes
- 50 gm Yams
- 50 gm Potatoes
- 50 gm Green peas
- 150 gm Tomatoes
- 30 gm Coriander leaves: chopped, divided usage
- 5 gm Turmeric powder
- 5 gm Red chili powder
- 5 gm Parsi sambar powder
- 5 gm Ginger-garlic paste
- 10 ml Pure sugarcane or grape vinegar
- 10 ml Oil: to cook
- 20 gm jaggery
- Salt to taste
- Oil: to deep-fry
- 20 gm Raisins
- 10 gm Cashew nuts: for garnishing

Method

Prepare Vegetables: Dice carrots, sweet potatoes, yams, and potatoes. Purée tomatoes and set aside for later use.

Deep-Fry Vegetables: Heat the oil and deep-fry the diced carrots, yams, sweet potatoes, and potatoes separately, in batches. Drain and set aside. Parboil and cool the green peas.

Cook Base: Heat 10ml oil, sauté the ginger-garlic paste until fragrant. Add turmeric, chili powder, and parsi sambar powder. Stir in tomato purée and cook until the oil separates. This indicates that the base is ready.

Combine Ingredients: Add fried vegetables, green peas, vinegar, jaggery, half of the coriander leaves, and half of the raisins. Season with salt. Simmer covered for 10 minutes.

Garnish and Serve: Transfer to a serving dish, garnish with remaining raisins, coriander leaves, and cashew nuts. Serve the Sweet & Sour Parsi Vegetable Stew hot, accompanied by roti or your choice of flatbread.

Enjoy Your Meal!

Soil: The Hidden Foundation of Life

Soil is, literally and figuratively, the bedrock of civilization and yet it does not receive the attention and care it needs to continue playing a pivotal role in maintaining human life on Earth.

Nishigandha Nirgudkar advocates nurturing this vital element of life in recognition and appreciation of the nurture it provides to civilization and indeed to all life on Earth.

Soil is frequently underestimated, but it is one of the most vital components that sustain life on our planet. It is a vibrant, ever-changing system that not only sustains plant life but also nourishes all living organisms, including humans. While soil is a limited resource, it can regenerate—albeit gradually—when managed responsibly.

Soil is made up of a combination of inorganic substances like sand, clay, and rock, along with organic matter, including humus. Humus forms when plant and animal matter break down, a process driven by microorganisms and fungi. This decomposition is essential, as it enriches the soil with organic carbon—vital for plant growth.

Composition and types of soil

Soil differs significantly based on its composition. Red soil is rich in iron, yellow soil has more clay content, black soil is high in organic matter, making it extremely fertile. Humus is crucial for soil health, as it enriches the soil with essential nutrients and carbon. Healthy soil is a living ecosystem that fosters plant growth and, in turn, sustains life on Earth.

Carbon

Carbon is vital for life, though it is often unfairly criticized. The issue occurs when carbon is released into the atmosphere as carbon dioxide, which contributes to global

warming. However, when stored in soil as organic matter, carbon is beneficial. Soil functions as a carbon reservoir, capturing carbon that nourishes plant life and aids in climate regulation. By preserving healthy soil, we can play a role in reducing the impacts of climate change.

Soil is Alive

Soil is brimming with life, including microscopic organisms, fungi, and various creatures that create a complex ecosystem. These microorganisms decompose organic matter, recycle nutrients, and form beneficial relationships with plant roots. A small amount of healthy soil holds more microorganisms than the total human population. Despite technological advances, much of this underground world remains mysterious and largely unexplored. Healthy soil is full of life—microbes, fungi, and other organisms that promote plant growth and overall ecosystem vitality.

Soil and Human Health

Soil health is closely connected to human well-being. Our ancestors recognized this relationship, enriching the soil with organic substances such as cow dung, ghee, and compost to preserve its fertility. By maintaining healthy soil, they ensured the growth of nutritious, pesticide-free crops that nourished families and communities. Today, soil degradation threatens our food security and overall health. As soil quality declines, its capacity to supply

The Conscious Cosmos

nutrients to plants diminishes as well. This impacts human health since plants form the cornerstone of our diet.

The Crisis

Modern agricultural practices, such as monoculture, excessive tilling, and the heavy reliance on synthetic fertilizers and pesticides have harmed soil health. These practices deplete the soil of essential nutrients and disrupt its microbial ecosystem. Over the past fifty years, nearly 70% of the world's arable land has been lost to erosion and degradation. Soil depletion is a pressing issue. If we persist on this trajectory, we face the threat of global food shortages, environmental breakdown, and heightened climate instability.

The Path Forward

The positive news is that soil health can be revitalized through sustainable practices. Here are some ways we can contribute to soil regeneration:

1. Embrace Zero-Waste Living - Reducing waste by composting kitchen scraps returns valuable organic matter to the soil, enriching it naturally.
2. Organic Waste Composting - food scraps create nutrient-rich humus, enriching the soil and improving its fertility.

3. Make Natural Fertilizers - Homemade fertilizers, such as bio-enzymes made from vegetable scraps, citrus peels can nourish plants without resorting to harmful chemicals. They can also be used as non-toxic, eco-friendly household cleaners.
4. Mulch the Soil - Mulching involves covering the soil around plants. Using organic mulches like crushed eggshells, tea leaves, or cardboard helps retain moisture, control temperature, and promote microbial activity in the soil.
5. Support Regenerative Agriculture - Support farming practices that focus on soil health, such as crop rotation, reduced tilling, and organic methods. These strategies help restore soil fertility gradually.

Soil is Life

Soil is the bedrock of life on Earth. In caring for the soil, we are caring for ourselves. Healthy soil produces healthy plants, which nourish both us and the entire ecosystem. Soil degradation is a pressing concern, but we can undo the damage through straightforward, sustainable practices. Conserving and revitalizing soil is crucial for the survival of future generations. Let's safeguard it, nurture it, and ensure it flourishes!



Selfless Service Day

Selfless Service Day, also known as the Global Maitri Festival, originated as Maitri Mahotsav (Selfless Service Day), celebrated annually on December 27th, in honour of our beloved Maitreya Dadashreeji's birthday. As members of this cherished Parivaar, we have all embraced the path of seva, contributing to both our collective growth and personal transformation. Seva has been instrumental in the journey of self-discovery for our sevaks. Below, we share reflections and experiences from our sevaks that inspire, uplift, and strengthen the spirit of unity and service among us all.



The Divine was very creative in arranging all necessary details to ensure that my husband and I met Maitreya Dadashreeji in September 2014. Being in HIS presence I could feel that something was very different. For the first time in this life, I witnessed Divine Grace in action. This experience was so profound that I realized then that I was born to serve HIM. So, if you ask me why to do Seva? My answer is: There is no other option!

I feel so privileged and blessed to know of HIS presence here on planet earth. Through Seva I can express my gratitude in contributing to HIS vision of One World, One Family, One Truth. This gives real meaning to my life. In these turbulent and challenging times only my bond with Him and His Grace & Guidance allows me to remain calm and happy within.

The simplest and most practical way to connect with our true self and embody its qualities of love, peace, and happiness is by offering Seva. Through Seva, we experience the joy of working with people from diverse countries and backgrounds—individuals we might never otherwise meet. We form new

friendships across the globe, and even after completing events, despite being exhausted, we celebrate with the satisfaction of having done something good.

Seva is essential for our personal growth, as it brings to the surface the unwanted aspects of our false self and triggers the areas that even our family and loved ones may not have been able to touch. It truly accelerates our growth and transformation.

Is it always pleasant? Definitely not! But it is crucial if we truly want to transcend our false identity. Over time, it becomes easier and better, and in the end, all that remains is pure joy and love.

So, enjoy your Seva and let us grow together by giving something back for all the good we have received from our beloved Maitreya Dadashreeji.

Dadashreeji Sharanam!

Kusum, Europe



I came to MaitriBodh and thought to myself: "Well, I'll also do something for others in this organization. I've been doing that my whole life anyway." This statement was to be tested by the Divine.

In the beginning, I heard the words about the difference between Seva and an ordinary act of helping others. But to be honest, I saw just a little difference compared to what I had been doing so far. I believed I didn't expect anything in return anyway. I believed I did it out of love anyway. I believed I didn't boast about my good deeds to others anyway.

And so it happened that with each experience of what I thought was Seva, I encoun-

tered an inner limitation that turned my world and my worldview upside down, making me question myself and my previous understanding of 'Seva'. Over time, I came to realize more clearly that Seva has the power to show me where I still can work on myself, while also giving me the inner strength to take steps toward that transformation. One step at a time—practically, in everyday life!

Seva thus became a wonderful tool for freeing my mind and letting it be guided more by the heart. And it continues to do so even today.

For me, Seva allows God's love to flow more purely to people. What a gift!

Hans Strobl-Aloni, Austria



Seva for the Peace projects has changed my life and the life of my beloved ones. It has helped me to strength my focus and calm my mind. It is a privilege for me to do this Seva and to see the change when the focus shifts from 'I' to 'We.'

Andreas Gusenbauer, Europe



Every time I ask Dada for more Seva, I get a call the very next day. Every single time!!! This has been happening over the last 4-5 years. I love being able to help others. It gives me a feeling of upliftment. The journey of Seva however, has a much deeper and deeper impact for me. In His effortless and simple ways, Dada gives the most beautiful feedback to me about where I am in my own Spiritual Journey and how/where improvements can be made. My journey has also deepened from just wanting to help others, to wanting others to experience His Grace and Love and Transformation for themselves. Caring for our dear Mother Earth and Nature has even more meaning than before. I feel profoundly grateful to be in MaitriBodh Parivaar. Together, as One. Dadasharnam.

Leila Zemke, USA





Offering seva in MaitriBodh Parivaar was a deep desire I had from my very first session. I didn't understand why at the time. Gradually, I realised that it is the reason why I am in this world.

Offering seva has helped me to get to know myself better and better. Sometimes it wasn't so pleasant when I realised my weaknesses, but it enabled me to change something. But I was also able to recognise my strengths better and better over time. I was able to recognise and live my qualities better and better. At the time, they weren't



One month after participating in Bodh-I in Vienna, I started offering Seva. I heard that Dadashreeji was coming to Europe and since I knew from my own experience how demanding it is to organise such a large event with hundreds of people, I immediately offered to help. During my first time volunteering as a Sevak, I particularly enjoyed working with the international team. The Sevaks travelled all the way from Italy and Germany, and I was greeted with warmth and openness by everyone.

Through my Seva, which involved a diverse range of tasks, I was repeatedly pushed out of my comfort zone. I encountered challenges that initially triggered me, revealing blind spots and behavioural patterns I wasn't fond of. These experiences provided valuable opportunities for self-correction and growth, helping me improve both my actions and myself. With each Seva, everything became easier and easier, so that for a long time now it has been nothing but pure joy.

What kept me going and never thinking of giving up was the strong belief that we are all a family of friends who are here to learn

special qualities for me, they were completely normal, but through Seva I realised that they aren't qualities that everyone has. That helped me a lot with my self-esteem and self-confidence.

When I'm not doing so well, I've realised that doing seva makes me feel better. I can only warmly recommend doing seva. It's wonderful to be there for people to support them. For me, offering seva is an expression of love for people.

Manuela Harrer, Europe

and grow and that we share a common goal and vision that is much bigger than we can realise with a human mind.

It is wonderful to see how we have all changed positively over the years, how we have become more loving towards each other and how we seek and find solutions to every challenge together. What used to be disputes between us has turned into a global, supportive friendship. I know that we all do the best we can at any given time, and so I am full of confidence not only in Dada, but also in all our Sevaks.

I have been an active Sevak at MaitriBodh for almost 10 years now and I cannot imagine my life without Seva. This has become an essential and integral part of my life and not only makes my life meaningful but also makes me a very happy and deeply grateful person every day.

If you also want to be a happy person and grow inside, just come and join us as a Sevak. We look forward to seeing you.
Thank you, thank you, thank you.

März, Europe



Honestly, when I first began offering Seva, I had no clear understanding of what it truly meant. I simply wished for others to experience the blessings I had received through the Bodh Series. In the beginning, it was just three of us, rushing from one city to the next to organize Bodh - I. There was no time to think about anything else.

Looking back after 10 years, I realize that this was the perfect path for me. Through Seva, I became aware of my triggers and blind spots. With each step, it became clearer just how many filters surrounded me. Seva allowed me to observe myself on a deeper level, and gradually, my limitations



Even as a child, I always wanted to help others, animals and people who weren't as well off as I was. That is why I had problems in many relationships - many people told me I had helper syndrome and should go to therapy. Because it was often more important for me to help others than myself.

When I met Dadashreeji and He spoke about Selfless Service, I was deeply moved—it was the answer to my passion! I felt immense joy, knowing that my inner voice had always been right. When I had the chance to offer seva for MaitriBodh, I realized that I had achieved the goal of my life.

For the first time in my life, I experienced a true sense of fulfillment and a genuine blessing.



Offering Seva in MaitriBodh Parivaar has helped me become more humble, rise to the occasion, and become a better listener. The "I" (Aham) took a backseat. When Seva comes from the heart, it reflects in every action, and the satisfaction it brings is beyond words. My advice to those who wish

faded away. What I once thought was impossible became achievable. Seva brought me closer to my true self and helped me discover who I really am. It is the key to honestly observing our minds and to experiencing unconditional love. The love and grace I've received through Seva are priceless. I highly recommend everyone to offer Seva. Giving is our true nature, and through Seva, one experiences the profound gift of being nurtured through selfless giving. There is nothing that we need to ask for, we will always be taken care of when we help others. As Dada says, grow by giving!

Nadja Kollwitz, Europe

Working for MaitriBodh - for Dadashreeji's vision and mission is like breathing for me - it is the most important nourishment for me. That is why I am here - I have come to give, to serve and it fulfills me. Of course, there is always something to learn - giving and serving always presents new challenges - but also the opportunity to grow each time. I am deeply grateful to Dadashreeji, the founder of MaitriBodh – a true family of friends – for inviting me and providing the opportunity to do good, engage in meaningful work, and spread positivity. To be love and to give love – is my purpose in life!

Stefanie, Europe

to walk the path of selfless service is: do not wait. Join hands with us and move forward together on this beautiful journey called life, offering Selfless Seva. It brings immense contentment and so much more.

Shobhana Nair



Seva, the act of selfless service, is about helping others without expecting anything in return—and yet, it brings unexpected growth and fulfilment. I realized this deeply while working on my resume. Having never held a formal job, I expected it to be a simple introduction with no professional skills or experience. But as I reflected, a flood of realizations and insights emerged, leaving me stunned.

A decade of seva had quietly equipped me with invaluable skills and transformed me deeply. Without realizing it, seva had shaped my thoughts, my emotional stability, and my overall perspective. What began as a small gesture to help a friend gradually evolved into a lifelong commitment.

One of the first lessons I learned was focus—dedicating myself to what truly matters and letting everything else fade. Seva became my guiding force, instilling values like sincerity, efficiency, accountability, and respect. These virtues became second nature: working selflessly, prioritizing

others, and being accountable to a higher purpose. I know these lessons resonate with every sevak.

As a homemaker, love for family drives you; in a job, it's passion or the paycheck. But seva is different. It starts with love—offered as devotion and gratitude to Dada for all we receive. Over time, this love grows to include others, breaking comfort zones, fostering new skills, and making every smile a meaningful reward.

Another aspect that dawned on me was Maitreya's unwavering dedication to equipping me with valuable skills and life lessons. I realised that seva was the actual ground that He had laid for my growth. I am filled with immense gratitude for His Love and Grace.

Seva is not just a duty but a journey of transformation and boundless love. Seva is not just giving but also receiving His Grace in innumerable ways.

Suman Joshi



When I started offering seva two years ago, I was in the awareness that I was giving, but with time I realized that I am giving nothing, I'm just being. This awareness grew over time and is still evolving. As Dada says, serving others, helps you. My friends, the only proof is the experience. Start serving until giving becomes your natural state.

Shaikha, Middle East



Seva has been an integral part of my upbringing and life. Rooted in the principles of Sikhism, seva, selfless service, was a natural way of living for me. Visiting the Gurdwara Sahib, offering my time and efforts to help people in need, supporting my family and friends both physically and emotionally shaped my perspective on life.

The turning point was the moment I met my Divine Friend, Maitreya Dadashreeji and became a part of the MaitriBodh Parivaar. His Love and Grace became the catalyst for a deep inner shift, opening my heart to the true essence of seva - serving the Divine. Through His teachings and guidance, I came

to see seva not merely as an act of kindness but as a means to connect and become One with the Divine. I discovered that serving others is, in essence, serving the Divine within each one of them with love and humbleness. This realization aligned me with my higher purpose.

Under Maitreya Dadashreeji's guidance, I began shedding layers of karmic pain, suffering, ego, judgment, and doubt. My Divine Friend was now by my side, guiding me to experience the pure joy of giving without expectation, as giving is my true nature.

The teachings of Guru Granth Sahib Ji resonated deeply with me during this journey:

“Seva karat ho-I nihkaami,
Tis ko hot paraapatee swaami.
Sevka ko sevak fal paavai,
Ta ko hota purakh bidhaatai.”
(Ang 286, Guru Granth Sahib Ji)

Translation:

“One who performs selfless service, without any thought of reward, obtains the Lord. The Lord blesses His servant with His Grace, and the servant becomes the Creator's true image.”

These words transformed from mere teachings into lived experiences. Seva became a state of being, a path where selflessness opened doors to Divine Grace and inner freedom.

Transformation naturally created a ripple effect. I could see how selfless service was transforming me and many others through me. Through seva, Divine qualities like humility, compassion, forgiveness, giving and many more got reawakened within me.

Seva became a meditation for me. It is the boundless benevolence of Maitreya Dadashreeji that He chose us, to serve and spread His message of love and peace across the world. His Grace has empowered us to become instruments of transformation,

sharing His wisdom and compassion wherever we go.

Every act of seva deepened my connection, my devotion towards the Divine. I could feel myself living and breathing only to serve the Divine. I found my soul's purpose unfolding naturally. Day by day, the boundaries of separation are dissolving and being, replaced by a profound sense of Oneness and gratitude.

For me, the Love and Grace of Maitreya Dadashreeji have made this journey possible. His association, teachings, and Grace constantly reminds me that seva is not merely about helping others, it is about surrendering to Divine Will and allowing the Divine to live through every thought, word, and action of yours. “I don't do, HE does”.

Sonee



Maitreyi Hind

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.

*This month we bring the Metamorphosis of **Maitreyi Hind** as shared with **Maitreyi Jagruti Gala**.*

Hind was born and raised in Saudi Arabia with an 'American flavour'. Her parents hail from Sudan, and she has also spent time there. She considers herself as a mix of different cultures and she has been searching for her true identity for a long while. She has obtained a Masters in Electrical Engineering and currently runs her own business.

In this context of where you were born, and how you were raised - you said something about looking for your identity and belonging. Can you share a little more about that?

I've struggled with my identity, shaped by my upbringing in a multicultural environment. Born and raised in a Saudi country, surrounded by diverse nationalities and religions, I never fully identified with just one culture or community. My father's work exposed me to the American way of life, further complicating my sense

of belonging. When I visited Sudan, my homeland, I felt disconnected from family and familiar customs, leading me to question who I truly am.

This has made me rethink patriotism and national identity. I don't feel a strong attachment to one country; instead, I feel a broader connection to humanity. Growing up around so many different people, I've come to understand the universal human need for peace, safety, and a better life.

Religion also played a significant role in shaping my worldview. Despite differences in practices, I've seen that people of different faiths share a common belief in a Higher Source, and we all turn to this Source in times of need. This shared sense of spirituality further deepened my understanding of connection and belonging.

Ultimately, my journey has led me to question what it truly means to belong. It's not just

about nationality or appearance, but about shared experiences and values. I've realized that identity is fluid, shaped by connections that go beyond borders, and rooted in a deeper understanding of humanity's shared needs and struggles.

This sounds so connected to Dadashreeji's vision and teachings – how did Dada come into your life?

The question of my identity and purpose continued to linger, preventing me from finding peace within myself. I couldn't continue living with the constant anxiety and stress, uncertain about the future. I knew I needed a solution to achieve inner peace. That's when I turned to meditation, seeking a way to calm my mind and soul. I also became involved in voluntary communities dedicated to high causes, such as human development and national progress. But I struggled to find a community that felt truly authentic, sincere, and committed to a higher purpose.

Tales of Transformation

Eventually, I shifted my focus inward, seeking to settle myself internally. As I began meditating, I realized I needed guidance—someone who could teach me how to meditate in a way that aligned with my unique journey. I wanted to discover the meditation practice that would bring me the serenity and peace I longed for, a peace described in the Quran, which I hold close to my heart. To me, the Quran is not just a scripture, but a Divine whisper, offering guidance and wisdom for life.

I longed for the total serenity and profound sense of peace that is described in the Quran, where complete faith leads to eternal happiness and a true sense of purpose. I realized that if I could reach this state of deep devotion and surrender, nothing else would matter—not the changing circumstances of life, but the inner transformation. With this desire in mind, I began searching for an authentic teacher who could help me on this path, even though I had always been skeptical about the idea of masters.

During Ramadan, a friend and I were fasting when I shared with her how strongly I believed in fire's power to remove blockages. She told me about a community that practiced a peace-invoking ceremony called Havan, where fire is used to burn away obstacles. Intrigued, we

decided to attend a ceremony on the 27th night of Ramadan. It turned out to be a transformative experience.

At the ceremony, I didn't know much about the MaitriBodh Parivaar or what to expect, but I instantly felt connected. The session was unlike anything I had experienced before—the conductor was authentic, and I loved the stories shared. Then, we were guided through Maitri Sambodh Dhyaan, a meditative practice that led me to a state of complete stillness within myself. It was so beautiful that I couldn't stop crying, as if my soul was being cleansed. I felt an overwhelming sense of relaxation and happiness.

When the Shakti Pravaah ceremony began, I knew I had found what I had been searching for. As the practitioners placed their hands gently on my head, I felt a deep sense of connection, and I didn't want them to lift their hands. I kept praying in my heart, "Please, keep your hands here as long as possible." It was so powerful. I felt so at peace, and all I could say in my heart was "Alhamdulillah"—thank you, Allah, for guiding me to this moment.

After the ceremony, we watched a video message from Maitreya, the spiritual leader of the MaitriBodh Parivaar. Seeing him was an

incredible experience; I could feel that He embodied the state of peace and devotion I had been seeking all along. In that moment, I knew that I had finally found the guidance and peace I had been searching for.

Can you share any spiritual experience that stands out for you?

I had been searching for a spiritual state for some time, though I never actively sought out spiritual teachings or Gurus. My country is deeply rooted in Sufism, and while I was aware of its presence, I sought something authentic—something that would liberate me, not bind me. At one point, I found myself overwhelmed by a deep sadness, longing for the Divine. I thought that by feeling this sadness, I might draw closer to experiencing the Divine essence.

Then, before I moved to the UAE, I had a dream that felt like a turning point. In the dream, I was sitting in a rural area surrounded by huts made of hay, something like an ashram in India. There, I met an elderly Sheikh, dressed in traditional white Arabic attire—a long robe and a turban. His appearance seemed to belong to an ancient time.

He asked me to sit down and then instructed me to "reveal my truth." I was confused and didn't understand what he

Tales of Transformation

meant. He repeated, "Reveal your secret." When I asked him, "What secret?" he told, "My name is Al Mukashfi," which translates to 'The Revealer.' He explained that I was a Mukashi, someone meant to reveal spiritual truths and secrets.

When I woke up, I googled his name and was astonished to find a picture of the man from my dream—it was truly him. It felt like a visitation. I then inquired with others who might understand this message. A friend spoke to the great-grandson of the Sheikh, sharing my dream with him. The great-grandson said, "This girl will have a Master in her life, and when this Master appears, she must follow."

Later, during my time at the Bodh ceremony, I saw the same figure from my dream in the Divine Light. In that moment, I knew with certainty that this was where I was meant to be. I had found my spiritual path, and this was the beginning of my journey with them.

What were some of the major insights you received, because you already were so much into spirituality. I'm curious about what insights or wisdom came up for you on this journey.

At first, I was searching for something, though I couldn't fully define what it was. I knew there was a state I was

longing for, but I didn't understand what it would look like or how profound it could be. After completing Bodh-I, I began to experience manifestations in my life. I started traveling frequently, and material needs were no longer an issue.

Relationships that had once been strained began to heal naturally, which felt miraculous. These relationships had been so damaged before, and it was amazing to see how everything fell into place effortlessly.

This experience helped me realize that when you align with the truth, things can unfold with ease. One of my previous beliefs had been that the Divine would continuously test you as you got closer to it. But now, I began to see that the Divine can also make life easier, offering answers and smoothness where there had been struggle. Everything started to look different, and I understood that the truth brings a natural order to life.

One is this whole divine aspect, and the energy and the love with another. And you know that sense of completion, of everything in life. What remains now? How are you living your life now - towards what purpose?

That's a that's an excellent question to be honest.

The journey with Dada brought many realizations,

not through direct teachings, but through deep inner awareness. Dada doesn't spoon-feed knowledge; instead, he helps us understand why we are here, a question many of us ask. After completing Bodh - I, I came to understand that there's so much to do, especially in supporting others who are seeking this divine guidance and experience. We live in a time when true guidance is hard to find, and many people are disconnected from their spiritual roots.

Despite the material abundance in the place I live, I noticed the deep loneliness and internal chaos many people feel. This growing awareness of the pain in humanity made me realize my sense of responsibility: to share the grace and experience I've been blessed with, and help others find their way, but it's about being present for others in an authentic, loving way.

During the time of the Sudanese Civil War, while we were at Bodh - I, I reflected on how the teachings of unity could have prevented such suffering. The war was a result of people failing to see unity, clinging instead to tribal differences. This reinforced the importance of the message of unity—the realization that divine truth and practical life cannot be separated. Everything, from

Tales of Transformation



material needs to relationships, is divine when we understand the guidance and love behind it. The guidance is simple, honest, and sincere, and it's available to us if we open our hearts.

One day, while sitting on the beach, I observed a cleaner collecting debris from the water, cleaning up the environment. I saw this as a metaphor for what we are meant to do. Just as the cleaner serves the creatures of the sea by creating a safe environment for them, humans are meant to serve the Earth and all its beings—animals, trees, forests, and oceans. This realization deepened my understanding: my life is not about accumulating wealth or success but about serving humanity. Whatever I have—whether financial

resources, relationships, knowledge, or strength—should be used for this purpose.

We are accountable for how we speak, treat others, and carry Dada's message with grace. We keep praying, as we are still on our journey of transformation, to remove the inner blocks that prevent this message from flowing freely. Our ultimate goal is to help others experience Dada's essence of friendship and love.

Recently, a woman shared her painful experience with another organization, and I saw how easily faith can be hurt when truth is miscommunicated. This experience deepened my understanding that we don't need to impress others or put on a façade. True communi-

cation comes from the heart. With this in mind, I see how love, when expressed genuinely, will always find its way back and touch others in the right way.

What would you love to share with the world about Dada?

To take Dada as a friend and to see Dada as a global citizen. That's what I would love others to feel and experience. Dada is a global citizen and friend of humanity. He doesn't represent any culture, doesn't represent any religion, doesn't represent any background. What Dada is, is that ultimate love and friendship. We all need that. If all of us to get this portrait and understanding and experience of that love, and for others to experience that, and that Dada loves all.

In the Limelight: Revealing Insights

A New Beginning

Kajal Aggarwal,

Actor



I had heard a lot about Maitreya Dadashreeji and was very curious to know more about Him and the programs offered by the MaitriBodh Parivaar. When I met Him, it was magical. I felt a Divine connection with Him, my heart felt a very strong pull towards Him and I just couldn't stop crying. I felt complete and my heart was full. He had and has an answer for everything. Instead of beating around the bush, He always gives answers that give clarity. The soul and being are at peace in His presence. He knows what you need and delivers the answer precisely the way you would understand it. Dadshreeji's words are honest, true and simple; it's hard to believe how He could be so simple!

My life was stagnating and now I see myself moving in the right direction with a purpose. I'm referring to all aspects of my life, my spiritual life, personal life and professional life; I see growth everywhere and in everything that I do. and there is a sense of correctness to it. Previously, I went after things aimlessly since I was aspirational, but now I have a purpose and Dadashreeji has guided me to go after it in a proper way by showing me the right direction. I feel I have become a better person; I am more compassionate and ready for bigger things in life ever since I met Maitreya Dadashreeji.

Guided by Grace

Charul C Jaitly

*Co-Founder and Managing Partner of Māiti Group (Dubai),
International Keynote Speaker, Influencer, Bestselling
Author, and winner of Mrs. UAE International*



Maitreya Dadashreeji is that force that awakened the experience of Divine Love, of complete acceptance, joy, and peace within me. 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. The Divine is literally everything for me today. My faith, my belief, my values, my work, my love, my family, my friend, my life. I know that wherever I am, whatever I am doing, every living day and moment of my life, Dada is with me. I am still a work in progress because to understand and – not to understand – to experience the Divine is a never-ending story or journey. But I want to just immerse myself in it.

What makes this journey even more interesting and unique is the style in which very complex concepts are explained in extremely simple terms. The teachings of Maitreya

Dadashreeji are so simple that often the mind feels numb accepting the facts. Most of us, for the longest time, have been trying to understand the true essence of spirituality. Some through books, blogs, others through open-source content, videos, etc. and have still found ourselves as confused (if not more), than ever!

We need to serve ourselves well by making the right choices. The choice of who we choose to listen to, the choice of verifying the source of information before accepting it, the choice of making positive changes to our life, and more. Six years back, I made that choice for myself by attending Bodh - I. Life hasn't been the same since, and I am filled with immense gratitude.

I urge everyone to explore and embark on this journey, let's attempt to make the right choices, let's give ourselves the opportunity to transcend and evolve. And through all of this, our Maitreya will be right beside us holding our hand and showering us with all His love, guidance and protection - more than we can ever ask for.

From Darshan to Revelation



I had my first encounter with Divinity when I was five years old. My father took us to a Bhajan Sandhya at his friend's bungalow. Even after so many years, the memory of that evening remains vivid in my mind. I was seated next to my mother in the front row. The room was silent, and then Sathya Sai Baba glided in and took His seat. I kept staring at Him, knowing that He was different and did not belong to this planet. He looked at me and smiled. After the aarti, He threw a flower at me, and with that gesture, He took the reins of my life into His hands.

Later, I became His ardent devotee and studied at His college in Anantpur, Andhra Pradesh. Those years were the most significant period of my life. I learned a great deal about Indian culture and spirituality, and I read about great masters and saints like Ramana, Ramakrishna, Aurobindo, Maha Avataar Babaji, Tukaram, Dnyaneshwar, Janabai, etc. I yearned to experience the love and bhakti that they had lived. Those three years set me on a path of Divine love and created a strong bond with my Parmaatma. Immediately after college, I married the most wonderful person, Gautam – my living God. To me, he embodied Love in human form. Sathya Sai Baba invited Gautam to teach at

the Management Institute in Puttaparthi. Baba showered us with Love and Grace, blessing us with interviews, gifts, and happiness. In one interview, He told me, "You were with me in my previous incarnation as Shirdi Sai, and now you are with me in this form too."

Two years later, Gautam had to return to the corporate world in Mumbai following his father's passing. Life continued, and our two sons, Parthiva and Rishabh, grew up into well-behaved, loving adults. We believed that life is a celebration and celebrated all that life had to offer – the good, the bad, and the ugly. When it was difficult, we supported each other and surrendered to Baba.

Then it happened: Gautam was diagnosed with multiple myeloma, a type of blood cancer affecting the bone marrow. I was devastated, but Gautam remained full of life, cheerful, and positive, joking until his last moment. He passed away on January 11, 2011. Three months later, on April 24, 2011, my Bhagwan, my Master, Sathya Sai Baba, attained Samadhi. I immediately immersed myself in seva activities and re-reading of Sai literature. It was at this time that I read a book by Karuna Amma Ramamurthi called Shri Sathya Sai Anandadayi (Pg. 62-63) in which Baba revealed for the first time in 1940 about Prem Sai. Baba said, "In this Kaliyuga, Kalki

Devotees' Experiences

Avataar will appear not as one, but as three avatars - Shirdi Sai, Sathya Sai and Prem Sai. Though separate and distinct, all the three will have the same traits, qualities, and teachings." Baba also said that one year after His own Samadhi (which happened in 2011) Prem Sai would arrive (which was in 2012). However, He will declare Himself to be the Prem Avataar only in His late forties. Baba later revealed to Russi Karanjia, the editor of The Blitz magazine in an interview in September 1976 that, "As the name Prem Sai indicates, He will be 'Love' and people around Him will experience Him only as Pure Love. It will be a Golden Age where there will be Love, Love and only Love. He will propagate the Truth that each human being and every living being is Divine. That would be the Ultimate Realisation for all of humanity." He added, "The purpose of Prem Sai will be to unite mankind into one family which will bind man to man and man to God and Love shall prevail as the Guiding Light."

After reading this, I felt a renewed surge of life and became obsessed with Prem Sai. I prayed intensely, "I want to be with You, I want to serve You, I want to experience Your Divine Love during Your Prem Sai Avataar." I begged Baba to fulfil this ardent prayer of mine. However, I realized that by the time Prem Sai declares Himself as Prem Avataar, I might have passed on to the afterlife. I had misinterpreted the prediction that Prem Sai would arrive in 2012, thinking He would be born in 2012. I then prayed, "If I have to take another birth, so be it, but I want to be with you when you arrive as Prem Sai." This incessant crying and praying went on for months.

On February 18, 2023, during MahaShivratri, I had my first Divine Darshan of Maitreya Dadashreeji. When I saw Him, I had a profound experience akin to what I felt in the presence of Sathya Sai Baba at the age of five. My heart once again told me that Dadashreeji was different and did not belong to this Earth. He was Divine.

A few months later, my son Parthiva and I had the opportunity to spend time in the Divine presence of Maitreya Dadashreeji. He looked at me and said, "I have known you for a long time, and we have been connected for a long time too."

I humbly asked Him, "I want to ask you something, Dada." He smiled. He already knew my question. I asked, "Shri Sathya Sai Baba had said that the next Avatar would be that of Prem Sai, are you the Prem Sai He spoke about?"

He smiled and, with shining eyes, said, "Yes, yes, I am Prem Sai."

Although I had expected this answer, I was still surprised. As I stared at Him in disbelief, He looked back at me. What happened next was unbelievable! Dada's lips weren't moving, and no words were spoken, yet I clearly heard His words within me. He said,

"And you thought you would not see me in this life. You were crying to see me. Look, I am sitting here, your Prem Sai."

When the words ended, He smiled. I folded my hands, tears streaming down my face, bowed down, doing pranams to Him. Back home, I was in a trance-like state for days. The truth revealed to me by Maitreya was slowly dawning on me. I was filled with gratitude to my Prem Sai for answering my prayer and bringing me to His Lotus Feet in this life itself. I truly believe that all the good karma I may have accumulated in all my lives cannot justify the blessing I have received of being with my Prem Sai in this birth. I can only do a Sashtanga Namaskar and say "Koti Koti Pranam and Koti Koti Dhanyawad" to my Prem Avataar (Prem Sai) Maitreya Dadashreeji.

- Kunti Nagwekar

A Journey of Spiritual Awakening



June 23, 2024, is a day I will always hold close to my heart—the day Dadashreeji entered my life. Though Dada was always present, it was on that day that I truly became aware of His Divine presence and the transformative role He continues to play in my life.

Reflecting back on my life, I realize that I have always been on a spiritual quest. As a child, I prayed with my grandparents; as a teenager, I attended church daily, despite being born into a Hindu family. However, no organized religion seemed to resonate with me fully.

In 2007, my spiritual journey took a significant turn when I met my Guru, Swami Dayanand Saraswati. His teachings, rooted in the Bhagavad Gita and the Upanishads, helped me establish a deeper connection with my inner self. The profound truth of "Tat Tvam Asi" (That Thou Art) resonated deeply within me, and I began following our sacred

scriptures with dedication for the next 17 years. When my Guruji left his mortal form, I felt a deep sense of loss. The ashram, which had once been my spiritual home, began to change. By February 2024, I felt lost and adrift, and I confided in my Guru, saying, "I feel like a lost sheep without the shepherd."

My prayer was answered in the most unexpected way on June 23, 2024, when I went for Paduka darshan at a sevak's house in Dadar. A dear friend who was aware of my spiritual quest, gently encouraged me to go. At first, I was hesitant, filled with trepidation, unsure of what to expect. But that evening turned out to be nothing short of transformative.

During the visit, I received the 'Divine Light' and was encouraged to speak openly, as one would speak to a close friend. I shared the many challenges I was facing—family struggles, health issues, strained relationships, financial difficulties—essentially, the weight of life's burdens.



Devotees' Experiences

Despite my years of studying Vedanta, I realized that I lacked true devotion and surrender. I was deeply aware of this gap in my spiritual practice. Yet, in the two months that followed, everything began to change.

Dada's presence became undeniable. I started communicating with the Divine Light, speaking for hours each day. Initially, I felt silly, thinking, how can talking to a picture help? But my desperation for relief from my challenges pushed me to continue. And relief came swiftly. Dada responded to my cries for help, guiding me toward greater devotion and surrender.

It was almost surreal to feel Dada's loving presence, assuring me subtly, "I am here for you. In the worldly sense, you may need to endure, but I am with you every step of the way."

In just two months, I have experienced a deep transformation. My connection with Dada has filled me with love, hope, and a renewed sense of purpose. I now feel a genuine desire to spread the message of compassion, love, and seva to others, something I had never felt so strongly before.

Dada made it possible for me to visit the ashram, attend Bodh – I, and I am now eagerly looking forward to the upcoming spiritual week. My journey with Dada has been one of profound growth, and I am committed to being an instrument to share his divine message with the world.

Dada, please continue to guide me on this journey. Help me to be an instrument of your light, to spread your message of love, compassion, and service to those in need.

Damini Sharma

The Light of Grace



I feel truly blessed and grateful to be a child of Dadashreeji and to have attended the Bodh series of programs. Since then, I have experienced a profound connection with Divine Maa (Mother). Dada has always been in my heart, and with His guidance, I've strengthened my bond with Divine Maa. The Bodh programs have provided me with renewed strength to continue fighting against cancer.

Each soul has its own unique connection with the Divine, and at times, I struggle to put my feelings into words. There are moments of deep loneliness, as though I am yearning for my Divine Maa, and I often share this pain with Dada.

Even if death were to come for me at any moment, I trust that Dada will embrace me

and guide me towards the light. Everyone on this planet deserves to experience Dada's love and embrace. I trust that as I transform, those around me will also begin to change. For anyone wanting to understand Dada better, it is essential to experience His presence and love. For me, this journey is beautiful, and I wish for every soul to feel Dada's abundant love.

The experience of oneness with the Divine is beautiful and priceless; it cannot be obtained through any material means. It can only be bestowed as Grace from the Divine. Dada has helped me find my lost soul and rediscover my true self. Thank you, Maitreya Dadashreeji.

Loga Ramadoss

Healing through Divine Connection



My journey of transformation has been a life-changing experience. Immediately after I completed BODH - III in Kuala Kubu Baru, Khalsa Land (Malaysia), I felt a palpable connection with Dadashreeji. When I was a child (aged 12) I was sent to a boarding school in Shimla, India. That had made me think that my parents did not love me enough or that they did not like me. This thing had always been there deep within me and it made me withdrawn from my siblings and parents.

Immediately after completing BODH - III, I realized that the experiences I had during my teenage years were unique and valuable. As days passed by, I continued to express each day to my Divine Light, unwittingly evolving

and growing in the process. I felt a lightness of being as peace, and calm descended on me. Right away, I began to feel pulled to visit my parents and siblings. I am now constantly making plans of our next get together, feeling very happy to always shower them with gifts.

After 18 months I attended BODH - IV, which took place in a beautiful, serene hill of Broga, Semenyih, Malaysia. Bodh IV brought about a beautiful state of foregoing attachments. I felt guided by Dada, feeling His palpable presence in the process. I am blessed to be connected to Dadashreeji all day long. He has made me feel that I am 'Love.

Anonymous Sadhak

Devotees' Experiences



The Power of Maitri Havan



My father fell ill a month ago and despite him undergoing the prescribed tests with normal reports, his health kept deteriorating and he grew weaker day by day. He could not even get up from bed. I booked a Maitri havan for his health with the prayer to remove obstacles preventing the correct diagnosis. If we got to know the problem he was suffering from we could get proper treatment for him. The miracle happened on the same day the havan was conducted, his doctor finally was able to diagnosed the problem after a month of uncertainty. He was recommended surgery

which was arranged and soon thereafter his condition improved dramatically. The doctor was surprised to see his speedy recovery. My father has since been discharged from hospital and is at home happy and healthy. I don't have the words express my heartfelt gratitude to every member of the Ashwas (havan) team because of whom we could experience the Grace of the Divine. In obeisance to Lord Ganesha and Maitreya Dadashreeji.

Neeru Agarwal

A Life – Altering Experience



My experience of Dada and Dunagiri was truly life changing. The five days in Dunagiri were the happiest and most overwhelming days of my entire life and it will always be a part of my core memory. I realised so many things about myself and life. My perspective towards life and happiness has changed completely in a positive sense. The teachings of Dadashreeji are simple yet powerful. Everything about Dada and the MaitriBodh Parivaar can only be experienced. It's more of an inner experience and a warm feeling.

I have attended Bodh - IV (Heal the Soul) and applying the teachings in awareness have made my life joyful and easier. I feel more empathy, which is an important aspect of one's personality. My experience of meeting the members of the MaitriBodh Parivaar has been wonderful, now I have a family across the globe! To summarise, my experience is so magical and loving that I feel everyone should experience it.

Elan



Transformational Teachings



I am an Interventional Cardiologist. My true spiritual seeking and more importantly Divine Grace brought me in association with Maitreya Dadashreeji and the MaitriBodh Parivaar in the year 2013. Since then, I have been fortunate to be blessed numerous times with His physical presence. His nectarous transformational teachings have had a profound impact on me in experiencing my own Divinity as well as applying true spirituality in daily life. While transformation is an ongoing journey, Maitreya's 'Krupa Jal' (the flow of Divine Grace) is a continuous phenomenon in my life. As a Divine Friend, He is always helping me get closer to my own true nature.

I feel blessed to share His 10 precious teachings which have had a powerful impact in my life to experience True Transformation:

- Spirituality is to be who you are - Be Natural.
- Don't resist - accept and flow.

- Make the mind your friend.
- Share your resources.
- Don't try being a mountain - rigid and egoistic, enjoy being a no - one, flow in life with no expectations to be acknowledged.
- Do not worry about what people think and say about you.
- Express yourself.
- Choose your words carefully as they reflect the state of your mind.
- Be aware
- Always connect and communicate with your Inner Divine.

Friends, following the above teachings from our beloved Maitreya will help you in expediting the process of Transformation, which then becomes your greatest experience, thereby naturally transforming all connected with you towards creating a better world.

Enjoy HIS GRACE.

Dr. Rajesh Rajani

प्यार का सागर

इंतजार इजहार इबादत सब किया मैंने,
तुम से क्या बताएं दादा कितना इश्क किया मैंने
कि डूबा इश्क के समंदर में उस इंतजार में
कोई लहर तो इश्क की तुमसे मिलायेगी मुझे

In the Ocean of Love

I have done it all, await, express and worship
What do I say Dada, how much I love You!
Drowning myself in this ocean of love,
Awaiting the wave that shall take me eternally to You!

- Sanjay Kapoor



Main Hoon Na



'Main Hoon Na' (I am here)—you might wonder how a Shahrukh Khan movie title ties into a reflection on spiritual musings. For the longest time, I drifted through life without an anchor, yearning for that one friend, that one person who would tousle my hair on a particularly tough day and say, "I am here." The battles I fought often felt solitary—whether it was standing by my husband through his business challenges or cheering my kids on as they faced their own struggles. In those deepest, darkest moments, what truly sustained me were my prayers. It's often said that the greatest tragedy in life is not an unanswered prayer but an unoffered one. So, with unwavering faith, I kept praying, holding on to the belief that one day, I would find that "I am here" person—the one who would be there for me, offering the reassurance I so deeply craved.

Then, one day, the prayers were answered. In 2016, as I moved into my new home, it felt like the universe was aligning in mysterious ways. Whether it was the invigorating energies of a new space or a burgeoning curiosity about the true essence of "Meditation," I decided to explore this path. I began joining my childhood friend and her husband in Thane for Maitri Sambodh Dhyaan. By 2017, I had taken the leap further, attending Bodh II and III at the ShantiKshetra Premgiri Ashram in Karjat. The ashram, known for its transformative experiences, has a reputation: those who visit never return empty-handed. For me, it became a place where my

spiritual journey was enriched and where I discovered the reassurance I had long sought.

I came back empowered, filled with the comforting knowledge that there is someone, somewhere, who will always be with me—guiding me, holding my hand through the good, the bad, the ugly, and the lonely. I found my very own 'Main Hoon Na' person in Maitreya Dadashreeji. Since then, I've navigated life's challenges with a newfound strength—whether it was enduring the trials of COVID, celebrating my younger son's admission to one of the country's top colleges, supporting my elder son through career-related anxieties, or witnessing my husband Tushar recover from severe back problems without the need for surgery. Through it all, the one thought that kept me grounded was knowing that my 'Main Hoon Na' person, my Maitreya Dadashreeji, was always there for me.

His presence carries a reassuring promise: no matter the challenges, He will be there for His loved ones. All we have to do is to pray, focus on His Divine Light, and communicate with Him. Sometimes, that communication is as simple as a whispered "Help me" or a heartfelt "Thank you." Now, I am convinced and confident that this intimate connection with Maitreya Dadashreeji will always see me through. My support, my help, my divine friend is just a prayer away, always whispering to me with comforting assurance, "Main Hoon Na!"

Aparna Dedhia

'Ek Bharat, Hum Bharat' Padyatra, 15th December



Organized by the MaitriBodh Parivaar, the 'Ek Bharat, Hum Bharat' padyatra was held in Mumbai, Delhi and in Amritsar on December 15, 2023. This monumental event was not just a march—it was a profound call to embrace the power of unity, love, and peace for a stronger, more harmonious India. The initiative drew thousands of participants, all committed to promoting harmony and brotherhood across the nation. With unwavering commitment, they advocated for a unified India, where cultural diversity thrives, and peace reigns.

The padyatra was centered on celebrating India's rich cultural heritage while advocating for the global philosophy of Vasudhaiva

Kutumbakam—'the world is one family.' Through this march, participants emphasized the power of collaboration and collective efforts in creating a strong, prosperous, and peaceful society.

It was not only a celebration of India's diversity and unity but also a reminder that societal peace and progress are grounded in love, fraternity, and mutual respect. This historic event served as a reminder that India's greatest strength lies in its unity and in the power of love. The padyatra showcased India's potential to lead the way, proving that a strong, united nation can be the catalyst for peace, harmony, and collective progress.



MaitriBodh

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Shree Mahavishnu's Shree Manimukut (Dev Diksha Hetu)

Dev-Diksha

When Kali found the opportunity to enter the crown (mukut) of King Parikshit it marked the onset of Kaliyug, the Age of Darkness. This period symbolizes the emergence of ignorance, fear, and the spread of darkness. When Kali entered the crown, it directly impacted the mind of King Parikshit and from then on, the consciousness of the human mind. During Kaliyug the human mind was dominated by ego, falsehood, untruth, and selfishness which guided human actions. This brought about tremendous suffering to humanity and to the planet.

But, now, it is time to enter the Divine Era of Universal Love and Peace. We are all currently in the phase of "Sangam Yug" bridging the Age of Darkness to the Divine Age (Satyug). This time is the time just before the Divine Era, an opportunity for all of us to Transform and prepare ourselves for the Divine Era. For this, a positive shift in the human mind is required.

By receiving Dev-Diksha, you are embracing this change, and Satyug begins within you. This transition, both personal and collective, is being driven by Maitreya Dadashreeji, who is here for the Transformation of the human mind, awakening of love in one's heart and guiding humanity to the Divine Age.

Through Dev-Diksha, you receive the direct Grace and Blessings of the Divine which is

known as 'Bhagwat Kripa'. It is the supreme compassion of the Divine manifesting in your life to guide, protect, and transform. The 'Shree Mahavishnu's Shree Mani Mukut' (crown) when placed on one's head dissolves inner blocks and aligns one with Divine consciousness. It is designed to help you remove all obstacles holding you back from progressing in your life. This alignment fosters truth, inner peace, positivity and transformation—core aspects of the Divine Age—bringing you closer to experiencing the Divine in every moment of your life.

The Divine Age is defined by love, peace, truth, and righteousness. It represents the shift from darkness to light, ignorance to truth, and fear to love. Dharma (righteousness) will be established and humanity will be guided toward the truth. The transformative process of Dev-Diksha is occurring now, during the Sangam Yuga, offering us a unique opportunity for profound personal change—the 'Mahaparivartan.'

Let's awake, arise and embrace it!

The journey of 'Mahaparivartan' began for hundreds of seekers who took part in the Dev-Diksha program, the first of its kind on this planet, held in ShantiKshetra Premgiri Ashram (Karjat), New Delhi, Latur, Nashik, Ludhiana, Amritsar, Indore, Bengaluru, Kochi, and Mahad in the months of November and December. Below are a few experiences shared by the participants.



"Firstly, I would like to thank you all for giving us this Divine opportunity of the Dev-Diksha. After attending this program, one can clearly see what has been missing in our life so far. I experienced powerful Divine vibrations in my entire body after receiving the energy through the Dev-Diksha. I am now in a blissful state. I now have clarity of purpose in my life, which I didn't have before attending this program. We would love to attend many such programs of MaitriBodh Parivaar in future."

Vaishali Shelar

"I had heard a lot about the Dev-Diksha program but today I had first-hand experience of it. It is true that we need more inner peace during these stressful times of Kaliyuga. Upon receiving the Dev-Diksha, I experienced Divine presence and assurance that I can successfully come out of stress and tensions of life. I am in a deep blissful, peaceful state which cannot be described. I feel very happy."

Shilpa Deulkar

"Upon receiving the Dev-Diksha, I experienced powerful Divine vibrations through my entire body. Words fail to describe this beautiful experience."

Deepika Waghmare

"Words cannot describe the Divine experience of Dev-Diksha, a Divine celebration and a blissful experience. I have experienced the 'Sat-Chit-Ananda'- Divine Love, Bliss and

Peace. I am now free of worries or fears after receiving Divine blessings through Dev-Diksha. May the Lord bless everyone abundantly. Dada Sharanam."

Anonymous

"This was my first time attending this Satsang, and it was truly a unique and transformative experience. During the meditation I felt a profound realization—a new direction for my life emerged. It taught me the importance of letting go of the past and embracing life with a fresh perspective. For me, this is a significant milestone, a moment where a new path has been illuminated."

Anonymous

"It was a truly heart-warming experience. There was a serene tranquillity in the air, a sense of profound peace. It felt as if all the negativity dissolved in the light of Dev-Diksha, leaving us renewed and uplifted. The experience was unlike anything I'd ever known—uniquely transformative."

Anonymous

"First and foremost, I want to express my heartfelt gratitude to MaitriBodh. The experience was truly extraordinary. As I chanted 'Om,' a profound sense of divinity enveloped me. By the sixth chant, something shifted within me—I felt an indescribable energy, and for a brief moment, I drifted into a state beyond consciousness. It was a fleeting 10 seconds of pure peace, love, and divine serenity."

Anonymous



मैत्री महोत्सव GLOBAL MAITRI FESTIVAL

HIGHLIGHTS 2024 Celebration of Love, Life and Maitri Bhaav



Maitri Mahotsav – Global Maitri Festival, 2024

Maitri Mahotsav - initiated in 2019, is celebrated every year on December 27, dedicated to promoting spirituality, social responsibility, and global harmony. As we stand at the crossroads of an uncertain future, the Maitri Mahotsav 2024 provides us with a timely reminder: true transformation begins from within. The change we seek in the world can only occur when we first embrace our interconnectedness and responsibility to each other and to the Earth. The festival calls on each of us to rise to the occasion, not just as citizens of a nation, but as citizens of the world.

Maitreya Dadashreeji, shared the vision behind the Global Maitri Festival, emphasizing the power of unity and friendship. *"Through the Global Maitri Festival, we unite individuals who believe in the transformative power of friendship. Our mission is to share a vision of 'One World, One Family' while inspiring and educating people about this profound message. We provide guidance on the steps*

individuals can take to navigate the times ahead with purpose and clarity," he remarked.

The festival's message resonated deeply with Maitreya Dadashreeji's vision of 'Ek Bharat, Hum Bharat'—a call for a united, selfless India that embodies the ideals of unity, service, and compassion. *"Ek Vishwa, Ek Parivaar. Ek Bharat, Hum Bharat. Offer us your mind, and we will return it to you, transformed,"* he stated, urging that we must move beyond a mindset of individualism and embrace a collective ethos that prioritizes the well-being of all.

The festival, held in Karjat, Maharashtra, was a vivid illustration of the positive impact that can be made when spiritual empowerment meets social responsibility. The initiatives showcased—*Maitri Adarsh Gram, Earth Embrace, and Chinta-Mukt Bharat*—serve as powerful examples of how community-based solutions can address some of the most pressing challenges of our time. From empowering rural populations to promoting environmental



sustainability and mental well-being, these programs highlight the interconnectedness of individual and collective growth.

Equally remarkable were the healthcare advancements made during the event. The provision of eye care to over 820 individuals, including life-changing cataract surgeries, and the rapid delivery of limb fittings within 18 hours in Raigad district, demonstrated the practical impact of compassion and care on the lives of the underserved. These initiatives not only restored physical health but, more importantly, restored confidence, dignity, and hope to those in need.

At the heart of the festival was the *Vishwashanti Maha-Yagnya*, a seven-hour Vedic yagna invoking prayers for world peace. It was a reaffirmation of the belief in *Vasudhaiva Kutumbakam*—the world is one family and a reminder of our shared connection to all life.

The event also celebrated India's spiritual diversity, with contributions from Buddhist monks, Sikh leaders, and other distinguished figures, uniting the country's rich cultural heritage in a truly inclusive experience. Distinguished guests such as Smita Jayakar, Kajal Aggarwal, and prominent leaders from various fields graced the occasion.

In this age of global challenges, we must answer the call to collective healing, spiritual awakening, and social progress. The Global Maitri Festival shows us that through unity, service, and spiritual empowerment, we can begin to heal the divisions that plague our world. Let us take this message to heart, and together, work toward a brighter, peaceful, and harmonious future for all.

To view the full event, click here:

<https://www.youtube.com/live/KD034ymJiUo?si=ET11zCPb1voyl9Le>



VishwaShanti Maha Yagnya

अयं बन्धुरयं नेति गणना लघुचेतसाम्।
उदारचरितानां तु वसुधैव कुटुम्बकम्॥
Mahopnishad | 6.71

The distinction 'This one is a relative, this one is a stranger' is made by the small-minded; for those who are noble, the entire world is One Family.

Since the beginning of time, the world has evolved through cosmic and global events, with humanity playing a central role in maintaining the balance between creation and nature. In ancient Sanātan Dharma, humans were seen as custodians of the Earth, tasked with nurturing all life. However, in recent centuries, this harmony has been disrupted by exploitation, leading to geopolitical conflicts, environmental crises, social unrest, and a global mental health crisis.

The challenges we face today—climate disasters, the war in Ukraine, conflicts in the Middle East, the post-pandemic mental health crisis, and rising tensions in India—highlight the urgent need for intervention to restore peace, harmony, and healing on a global scale. While political solutions are necessary, a deeper spiritual transformation is essential. Lasting change can only come when humanity collectively embraces its responsibility toward the world.

In response, the MaitriBodh Parivaar organized the powerful Vedic Maha-Yagnya for World Peace during the Global Maitri Festival. The ceremony began with prayers to Divine forms for blessings and was followed by a seven-hour Yagnya, during which mantras from all four Vedas were chanted, infusing the atmosphere with sacred vibrations.



Embodying Vasudhaiva Kutumbakam—the belief that the world is one family—the Yagnya emphasized that peace is a collective responsibility. The prayers offered during the Yagnya transcended boundaries, extending beyond humanity to encompass every living being across all lokas (realms/worlds). This monumental event was a powerful reminder of our interconnectedness and the shared responsibility we bear in fostering peace, harmony, and healing throughout the world.

Only through this collective recognition can we hope to move toward a positive, divine age of peace.

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः
 पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः।
 वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः
 सर्वं शान्तिः, शान्तिरेव शान्तिः सामा शान्तिरेधि॥
 Yajurveda (36.17)

May there be peace in the Heavens, peace in the space (between Heavens and Earth), peace on Earth, peace in the waters, peace in the plants, peace in the trees, peace in all the gods, peace in Brahman, peace in all things, peace alone. May peace grow within me.



Maitri Cultural Economy Summit:

Mumbai, 8th October: The Maitri Cultural Economy Summit (MCES), Maharashtra's largest and most innovative summit, successfully brought together over 200 esteemed guests and dignitaries at the Taj President, Mumbai, blending spirituality, culture, and economy in a groundbreaking event. The summit served as a unique platform where the threads of spiritual growth were seamlessly intertwined with economic prosperity.

Maitreya Dadashreeji, visionary and founder of the MaitriBodh Parivaar, emphasized the significance of this summit, stating, *"This is only the beginning; the real work lies ahead. The true essence of spiritual and divine purpose is yet to be fully understood by India and the world. A great change is coming, and today, we embark on this journey with a single, selfless goal: the well-being of our India and our world. Just as the sun remains ever-present in the sky, may this commitment remain unwavering. When India unites, its progress will be unstoppable, and we will lead the world as a true Vishwaguru."*

The event saw thought-provoking speeches from notable leaders including Shri Rahul Narwekar (Hon' Speaker, Maharashtra Legislative Assembly), Shri Vinay Sahasrabudhe (President, Indian Council for Cultural Relations, Former Member of

Parliament), Shri Balasaheb Thorat (Member, Maharashtra Assembly), and Shri Arvind Sawant (Member of Parliament, Lok Sabha), all of whom underscored the importance of integrating culture and economic growth for a robust and resilient India.

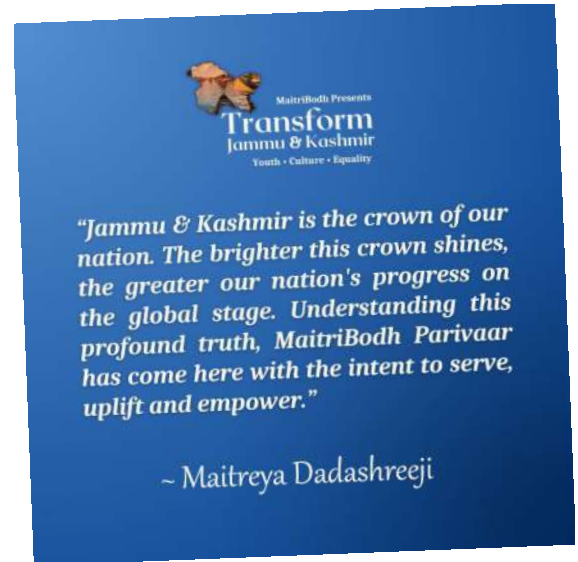
The summit featured expert-led technical sessions covering critical topics such as Temple and Festival Economics, Art, Theatre & Film Economics, and Agricultural Economics, where prominent economists, cultural anthropologists, and industry leaders discussed strategies for strengthening Maharashtra's economy. Shri Gopal Krishna Agarwal (National Spokesperson – Economic Affairs, BJP and Patron of MCES) shared insights on focusing on data points that impact the culture-driven economy, stating, "This data-driven approach will lay the foundation for new policies that can create a substantial positive impact at the grassroots level."

With the collaboration of industry pioneers and policy-makers, the MaitriBodh Parivaar is confident that Maharashtra's economic transformation will lead the way for India to reach new heights, securing its place as a global leader.

To view the full event, click here:

https://youtu.be/0qDsnto3mPw?si=7Xnyiye_33LO2hxu

Transform Jammu & Kashmir



On November 23rd, in Srinagar, MaitriBodh Parivaar, a globally renowned socio-spiritual organization committed to uplifting humanity and promoting peace, hosted its inaugural event, Transform Jammu & Kashmir. The gathering brought together distinguished guests, including Er. Kiran Vattal, Padmashri Award winner Faizal, Irfan Attari, Saba Bhat, Dr. Ana Gupta, and Mitra Shivam, representing MaitriBodh Parivaar.

In line with its mission to unite India as Ek Bharat, Hum Bharat, the organization has set its sights on transforming the Jammu & Kashmir region. The initiative is focused on empowering local youth, celebrating the region's rich culture, and fostering unity

despite challenges. The event also recognized 25 outstanding individuals for their remarkable contributions to society.

In his address, Maitreya Dadashreeji, the global humanitarian and visionary founder of MaitriBodh Parivaar, shared an inspiring message: *"This gathering is not the end but a beginning—a roadmap for the holistic development of Jammu & Kashmir. With the growth of Kashmir, the entire nation will grow. We invite everyone who believes in the vision of 'One World, One Family' to join us and help 'Transform Jammu & Kashmir.' We assure you that MaitriBodh Parivaar will continue its mission, unwavering, to spread the culture of Maitri-Bhaav (oneness and love) across the globe!"*





Maitri Adarsh Gram: Community Health Initiative

MaitriBodh Parivaar, in partnership with Laxmi Charitable Trust's Laxmi Eye Hospital, Tata AutoComp Systems, Pinnacle Industries, and Shri Bhagwan Mahavir Vikalang Sahayata Samiti, successfully hosted two impactful medical camps in Raigad District, offering essential services to the underserved.

Free Eye Check-Up Camp and Cataract Surgery

Held from December 16th to 18th, 2024, at ShantiKshetra Premgiri Ashram, the eye camp attracted over 450 individuals, offering free eye check-ups and cataract surgeries. A total of 29 patients received life-changing cataract surgeries, with expert ophthalmologists from Laxmi Eye Hospital providing the care. Spectacles and essential medications were provided at subsidized rates, ensuring continued eye health for participants. Registration for the event closed on November 30th, and services were provided on a first-come, first-served basis.

Free Artificial Limb Fitment Camp

From December 23rd to 26th, a Free Artificial Limb Fitment Camp was held in collaboration

with Tata AutoComp Systems, Pinnacle Industries Pune, and Shri Bhagwan Mahavir Vikalang Sahayata Samiti (Jaipur Foot). The camp, located at ShantiKshetra Premgiri Ashram, supported 109 physically challenged individuals, with 81 beneficiaries receiving artificial limbs and other assistive devices like callipers, crutches, wheel chairs and hearing aids at no cost. Notably, this was the first time in Raigad District that Jaipur Foot fitments were provided the same day as measurements, thanks to a workshop set up at the ashram.

Community Outreach

Both events were made possible by extensive outreach, including meetings in 85 villages, ensuring that those who needed assistance were well-informed and able to participate. This initiative not only improved health outcomes but also brought vital resources closer to remote communities, empowering individuals to live with greater independence.

These camps represent a significant step in providing accessible healthcare and assistive devices to the residents of Raigad District, demonstrating the power of community collaboration and care.



Water Drum Distribution Initiative

Karjat faces a severe water crisis, forcing women and children to walk long distances daily to collect water, a struggle that worsens in summer. To alleviate this, the MaitriBodh Parivaar, in partnership with the Inner Wheel Club of Baner Hills, Pune, donated 15 water wheel drums to the community. These drums can carry more water than traditional vessels, reducing physical strain and the number of trips required, offering much-needed relief.

Nachiket

MaitriBodh Parivaar launches 'Nachiket' - A new-age chatbot designed to nourish and guide you!

Action Steps

- Visit our website at www.maitribodh.org
- Create your profile using your email ID and become a 'Sadhak.' Unlock powerful insights, exclusive event updates, and transformative videos designed to help you overcome challenges and accelerate your personal growth.
- Once your profile is set up, engage with the 'Nachiket' chat-bot feature for personalized support on your journey.

Launching the YGPT Club: Empowering youth, Building Bonds, Shaping Future Leaders

October and November 2024 marked a transformative chapter for YGPT (Youth for Global Peace and Transformation) volunteers, filled with moments of deep connection and growth. The standout event was the launch of the YGPT Club, an innovative initiative inspired by the vision of Maitreya Dadashreeji. Fifteen clubs were launched across key cities in India, including Mumbai, Navi Mumbai, Pune, Hyderabad, Amritsar, Ludhiana, Chandigarh, and New Delhi. These events featured engaging ice-breakers, exciting games, and meaningful opportunities for participants to connect and bond. The mission of the YGPT Club is to unite youth in a safe and inclusive space where they can freely express themselves, build authentic friendships, and have fun. It's a community rooted in trust, where young individuals can unlock their potential, gain insights from industry experts, and develop the skills needed to thrive in the future. The YGPT Club also empowers youth to make positive contributions to society. Through this platform, we aspire to shape the youth into selfless samaritans and future leaders.

To be part of this transformative journey, contact us at +91 9717190080

Building Resilient Futures

YGPT's Youth Development vertical is committed to guiding young individuals towards their dreams by focusing on internal well-being, emotional intelligence, and resilience. It empowers them to navigate challenges while maintaining a calm, stress-

free, and positive mindset, helping them lead balanced and fulfilling lives. Throughout India, numerous transformational seminars are being conducted, and they have received an overwhelmingly positive response.

In October and November 2024, four impactful seminars on topics like Stress Management and Unleashing One's True Potential were held in Hyderabad, Jammu, and Mumbai, with over 500 students participating. These seminars are part of a broader initiative that includes Youth Circles, Youth Bodh, mentoring, and other engagement platforms aimed at nurturing and empowering youth.

Stay tuned for the upcoming online Youth Circle Seminar, designed for youth aged 16 to 35

Share Some Love

Two heartwarming events were organized to spread love and care. YGPT volunteers came together to engage with 40 children from the Aagosh Foundation at Funland, creating memorable moments through a variety of fun activities. The purpose of this event was to shower these children with unconditional love while empowering them with education and training to help them become self-reliant. In another session, YGPT volunteers aimed to provide these children with both affection and the skills necessary to build a bright, independent future.

Through these events, YGPT continues to nurture and uplift these children, focusing on their holistic growth and development.



Maitri Centre of Transcendence & 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

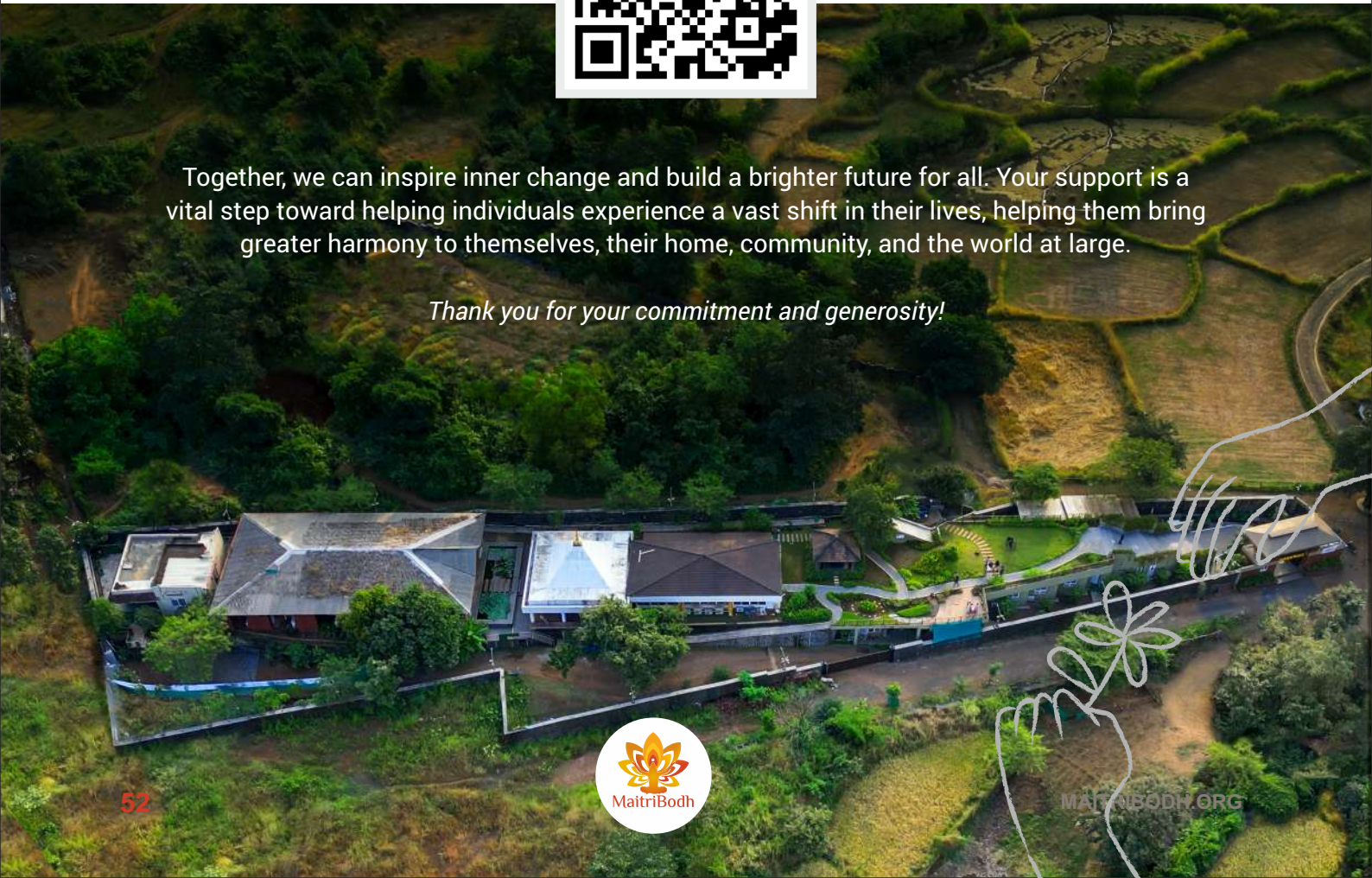
Your generous donation will not only support our programs but also contribute to the emergence of a healthier, more compassionate society.

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!



Upcoming Events

EVENT	DATE	VENUE
BODH I & II	17th - 19th Jan	Shantikshetra Premgiri Ashram Contact: 98151 09394
Mahashivratri	26th Feb	Shantikshetra Premgiri Ashram Contact: 8929707222
Saat Din Saat Saadhna	26th Feb - 5th March	Shantikshetra Premgiri Ashram Contact : 93720 81426

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.

“
Be One!
Believe in One!
”

Maitreya Dadashreeji

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