

MAITRI *Anahita*

*At the
thresh-hold of the*
Dawn of the Divine Age



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dear Loved Ones,

Dear Loved Ones,

Namaste and warm greetings!

As we step into the Dawn of the Divine Age in 2025, let us take this moment to express our heartfelt gratitude for all the learnings, insightful and life transforming moments and infinite grace that we have experienced with the Divine!

The month of February witnessed celebration of MahāShivrātri as devotees across the world came to experience blessings and profound transformation in the presence of the Divine as Maitreya Dadashreeji and Lord Mahakaleshwar. The mesmerising experiences and unwavering devotion of the participants of Dev Diksha ignites the light of joy in everyone's heart!

International Spiritual Council for Transforming Humanity (ISCTH) has participated in the fifth edition of the Global Tolerance and Human Fraternity Conference which took place on 5th and 6th February 2025 in Abu Dhabi Energy Center in the emirates of Abu Dhabi, United Arab Emirates.

A big moment for MaitriBodh Parivaar and Humanity was when United Nations witnessed the power of Love, Peace and the Divine Light! We have also been honoured with the Global Peace and Spiritual Leadership Award.

In this edition, under 'Pearls of Wisdom' read Maitreya Dadashreeji's message to join hands and hearts to heal our planet and ensure a harmonious future for generations to come.

Let's embrace the Dawn of the Divine Age!
Choose love!
Choose positivity!
Choose transformation!



*With Love & Light,
Team Maitri Anahita*

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PEARLS OF WISDOM

Join hands and hearts to heal our planet and ensure a harmonious future for generations to come.



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 Heal Yourself- Heal the World, Dev Diksha, Global Tolerance and Human Fraternity Conference and various social outreach programs.





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Amrit Manthan..the churning !

Dear Friends!

One evening, I strolled around the ashram as the Sun set. A few members also joined me, enjoying the pleasant weather. Suddenly, something caught my eye just outside the Ashram's boundary. Two bulls were charging at each other, head-butting and locking horns! Since they were on someone else's field, I asked, "Are those ours?" But one of the Mitras said, "No, Dadashreeji, they're not ours!" To make things even crazier, about 20 or 30 crows were squawking loudly at the same spot. Plus, some dogs were barking at each other as well. It all felt chaotic as if there was a vibe of disturbance and aggression in that area.

While witnessing nature's tumultuous side, I heard birds' melodic chirpings, which graced my ears. I looked for these feathered companions hidden among the lush branches beside me. The green leaves now turned golden, and they were a sight to behold as they reflected the rays of the setting Sun. The colourful flowers, with their rejuvenating fragrances, added to the scene's beauty. The birds adorned vibrant colours on their wings, tails, and beaks and were a rare and delightful sight.

In that moment of reflection, I noticed two contrasting realities. The striking realisation was that these vibrantly coloured birds, flowers, and leaves turned golden were present within the sacred boundaries of the Ashram. These birds, with their vibrant colours, symbolise the beauty and diversity of life that is nurtured within the Ashram's spiritual environment. Remarkably, these birds seemed unwilling to leave the sanctuary of the Ashram walls, perhaps finding a sense of peace and belonging within the spiritual boundaries.

Isn't it fascinating how life can transform in just a matter of meters? On one side, we encounter disturbance; on the other, we encounter tranquility and joy. The difference stems from our choices—some individuals embrace a connection with the Divine, while others may not. Nature vividly illustrates these choices and their consequences. When we turn away from Love and Maitri, chaos can ensue, leading to pain.

In contrast, welcoming Divine Love and surrendering to it can simplify even the most complicated lives. This really highlights the vital role our spiritual connections play in nurturing our happiness and peace. It reminds us of the importance of our spiritual journey

and its impact on our lives. Let us soar within the radiant boundaries of Love and Maitri, embracing the transformation that brightens our paths and illuminates our journey.

Our current situation is not just a reflection of external events; it is a direct result of the choices that we've made. We stand at a critical crossroad. The moment of Amrit Manthan, the churning where the Divine's possibility of healing clashes with the peril of destruction. Each of us has the power to influence this outcome—your personal choices, no matter how small, reverberate across our planet, capable of either nurturing or harming it. It's time to fully embrace this responsibility and take decisive action.

The threat of social division is real and urgent. The fragmentation of families, the rise in divorce rates, and the growing isolation among individuals are ticking time bombs, threatening not only our societies but the very fabric of our planet. Every moment we hesitate to embrace the principles of love and unity puts our future at greater risk. We must act now to mend what is broken before it spirals further out of control.

The signs of Earth's distress are unmistakable. Recent earthquakes and the strange fluctuations in Schumann's resonances—the heartbeat of our planet—serve as grave warnings of the consequences of our neglect. These resonances impact not only the health of the planet but also influence our own brain waves and heart rhythms. In addition, the current solar maximum is exacerbating tensions between nations, emphasising the urgent need for collective action. We cannot remain passive observers; we must become healers of our shared home.

As one global family, we have a profound responsibility to promote love, unity, and Maitri. I urge you to take action in whatever way you are able to, for the sake of our planet and humanity. Recently, as members of the MaitriBodh Family, we organised a global prayer gathering during the last three days of March, calling on individuals from around the world to join in healing and protecting our planet. Your participation and heartfelt intention during those prayer sessions contributed to a positive and reassuring shift in the Earth's health.

Let's amplify this message of 'One World, One Family', and carry it to every corner of the globe. Together, we can change the narrative. Together, we can light the way towards a unified effort for humanity.

Guide others to sing out like birds!
Help them reconnect with the Divine!
Invite all to find refuge within the sacred space of the Divine Ashram, The Divine Abode!

Let's join hands and hearts to heal our planet and ensure a harmonious future for generations to come. The time for action is now.

Let's make it happen!

The Divine Light will guide you further!

Love and Blessings!



Maitreya Dadashreeji

More about Dadashreeji,
click here:



MaitriBodh



MAA NARAYANI MANTRA
Mantra for health and prosperity

ॐ कारुण्यै पद्महस्तायै नारायण्यै नमोस्तुते

Aum Kārunyai
Padmahastāyai
Nārāyanyai Namostute

Meaning :
Epitome of Love and Compassion
Holding the Lotus flower
We bow to You O Ma Narayani



ADISHAKTI MAHAKALI MA DHYAAN MANTRA
Mantra for connecting with Adishakti Mahakali Ma

ॐ महाकालिकायै विद्महे प्रेमगिरि वासिन्यै धीमहि तन्नो घोरे प्रचोदयात्

Aum Mahākālikāyai Vidmahe
Premgiri Vāsinyai Dhimahi
Tanno Ghore Prachodayāt

Meaning :

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



Light the Inner Flame!

Maitreyi Sulata shares Maitreya Dadashreeji's message of the importance of the years 2025-2029 and the need to light the Inner Flame!

Dear Friends,

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

Every time the Divine appears in any form on Earth; the form comes with a very specific Divine Mission to offer that which is missing for Humanity in the hour of need. And all that is required of us is to receive, accept, and flow with that specific Divine resolution. Those of us who took birth on Earth at this current time came with a specific purpose; hence it is important to understand this so that we align and flow with the time as it unfolds over the next few years.

The MaitriBodh Parivaar, under the grace and guidance of Maitreya Dadashreeji is working tirelessly for the message of Transformation to bring fruition to the idea of One World, One Family, One Truth. From 2012 to 2024, humanity has been given adequate time to understand the need to transform in order to

construct a new society and a new world order based on Divine Love and Oneness. We must work together for the next 200 years to usher in the Divine Age.

A New Era is starting from 2025. MaitriBodh Parivaar's clear resolution in the coming New Era, the Divine Age, is that humanity be given the required guidance and that the Divine Grace reaches everyone to enter the New Era. The coming times may be difficult and even complex, because spiritually the period 2025-2029 is the Era of the Amrit Manthan. During this time there will be internal churning within individuals as well as within the society. At this time, poison (that which is not pure and conducive for the Divine Age) shall come out first from the churning. All that which is suppressed, that which is unnatural, that which is not good for the individual, country, and the world shall surface and be removed. This is the inevitable and inescapable Divine Resolution and it's critical that we are ready to face the



coming time of internal churning and the associated purification process. The Divine is here to prepare us for the coming times to experience the truth within us, the only solution, i.e., the awakening of our Inner Divine.

Maitreya Dadashreeji shares that difficult situations will arise without any obvious solution. The challenges may not get solved even through prayers. Our Maitreya shares that in those times, only our inner Divine will help us. The Divine is here for all those who are ready to awaken their Inner Divine. He says, we do not need to depend upon anyone externally. There is no one between us and our Inner Divine. This is the truth of our existence and this is how the coming times will be like.

Maitreya Dadashreeji shares, "each person will have their own Divine, their own Truth."

As such, we must get ready so that the dormant energy within us is awakened, the Divine within us is awakened. The Divine within us has been suppressed all these years and resultantly we have not experienced who we really are, the truth of our existence has been hidden from us.

Now there is only one path and that is to awaken your Inner Divine.

May all be awakened to the need to light the inner flame!

May the inner flame be ignited in all!

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



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

Seeker:

We have a tradition of offering food to the Divine before partaking it, both during ritual worship (puja) and in practices like homas and yajnas. What is the significance of offering food to the Divine in these rituals?

Many people perform the ritual of offering food and water without fully understanding its significance, often because they have seen others do it or follow it as a family tradition. The Vedic tradition too roots in the belief of offering food and water to the Divine. It is far more than just a ritual and reflects deep principles of gratitude, respect, and spiritual awareness. Let us take a closer look at the true meaning behind this powerful act:

1. Blessing and Purification

In many traditions, food and water are seen as sacred elements. Offering them to the Divine is a powerful act of purification, transforming the meal into 'prasada' and is accepted as His Grace. By dedicating the food to a higher power, we invite blessings upon it, cleansing it of any impurities. This sacred offering becomes more than just nourishment—it becomes a spiritual experience, nourishing both the body and the soul, and infusing the food with vitality.

2. Expression of Gratitude

Another reason for offering food and water is to express gratitude for the nourishment we receive. By recognizing the Divine as the source of our sustenance, we honor the sacred gift of food and drink. This simple act cultivates a deep sense of appreciation for the blessings in our lives, reminding us to acknowledge the abundance we are granted.

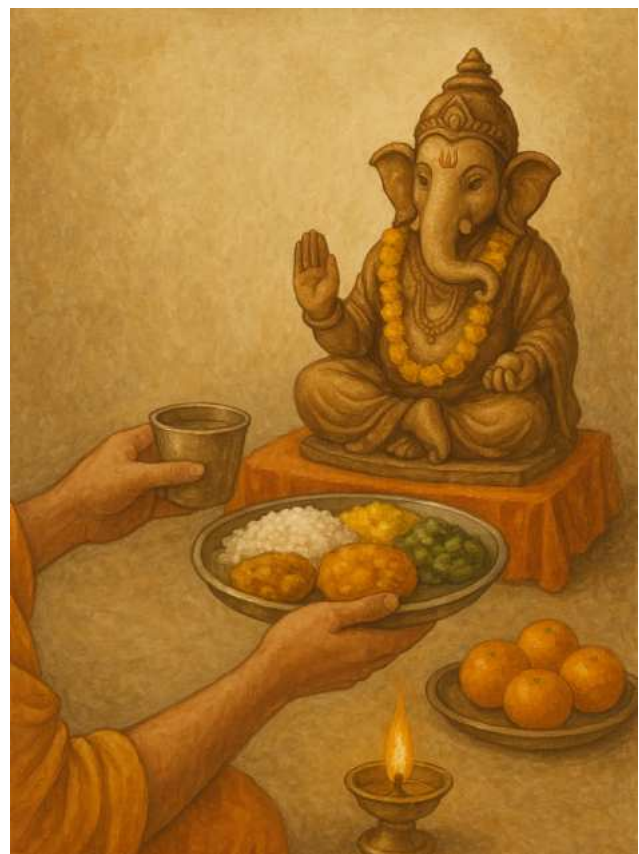
3. Symbol of Abundance and Prosperity

In certain traditions, offerings are symbolic of abundance and the hope for prosperity. By presenting food and water to the Divine, devotees seek blessings for health, wealth, and success, reinforcing the belief that abundance is a divine gift shared with all. The offering is often made with quiet sincerity, without the

need for outward display. It is the genuine, humble intention behind the gesture that holds the true significance.

In essence, offering food and water to the Divine transcends ritual—it is a sacred practice that connects us with the divine, purifies our sustenance, and affects change in our consciousness. It is an act of gratitude, blessing, and devotion that enriches both our material and spiritual well-being.

Maitreya Dadashreeji encourages us to partake anything that we consume only after offering it to the Divine with gratitude so that it is cleansed of the impurities, gets purified, blessed and becomes worthy of being consumed.



Ayurvedic Way to Preserving Eye Health in the Digital Age



*Sight is vital to normal functioning and the digital age has led to a proliferation of electronic gadgets many of which place a great deal of stress on the eyes. Ayurveda provides a holistic solution as a preventive as well as curative treatment to maintaining eye health as shared by **Dr.Sreelatha Shetty**.*

In today's digital world, prolonged exposure to screens from mobile phones, laptops, and other devices has led to a surge in eye strain, dryness, and vision-related concerns. Also, being awake till late night hours, too much exposure to sun, etc., leads to eye diseases. Ayurveda offers holistic solutions to maintain and restore eye health by balancing the doshas (functional factors of the body).

Ayurvedic Perspective on Eye Health

According to Ayurveda, the eyes are predominantly governed by the fire element (Tejas) and are closely associated with Pitta Dosha (Dosha responsible for regulating body temperature and metabolic activities). Causes which aggravate Pitta are the primary cause which causes eye problems. Therefore, adopting cooling and soothing therapies, along with a balanced diet, yoga, and proper lifestyle practices, is essential for maintaining healthy vision.

Causes of eye diseases -

- Taking a bath or entering a swimming pool immediately after exposure to the sun

- Straining to see distant objects beyond the visual field or viewing minute objects.
- Sleeping during the day and staying awake at night.
- Excessive weeping, anger, or prolonged grief.
- Physical and mental stress.
- Excessive consumption of sour and fermented liquids and foods rich in sour taste.
- Overconsumption of horse gram and black gram.
- Suppression of natural urges like vomiting, tears, etc.
- Excessive smoking and alcohol drinking.
- Prolonged exposure to intense sunlight.
- Excessive application of heat therapy to the eyes.
- Frequent exposure to dust.
- Excessive heat exposure to the head.
- Excessive use of mobile phones, laptops, tablets, and other digital devices.

Ayurvedic Guidelines for Healthy Eyes

1. Avoid the above-mentioned causative factors as a preventive and curative measure.
2. *Trataka (Steady Gazing)*: Focus on a fixed point, such as a candle flame for a 5-10 mins duration to improve concentration and vision. Initially one may concentrate for 2-3 mins, but with practice the timing

Traditional Remedies & Integrated Medicine

- can be increased.
3. *Palming*: Rub hands together and gently place them over your closed eyes to relax. This can be done for every 30 mins if a person is using a digital screen for a long time.
 4. *Eye Rotations*: Move the eyes in circular, up-down, and sideways motions slowly to enhance circulation and reduce strain. This can be practiced twice a day.
 5. *Foot Massage (Paada Abhyanga)*: Massaging the feet with oil enhances vision and helps in eye relaxation. One may use coconut oil or sesame oil.
 6. *Ayurvedic Eye Wash (Netra Prakshalana)*
 - Wash the eyes with *Triphala-infused water* to cool and cleanse them. Triphala powder (mixture of Haritaki, Amalaki, Vibhidaki, popularly known as Triphala) - two-three tsp of this powder is mixed in a cup of water and is used for cleaning the eyes.
 - Use *cold water* or *rose water* for eye washing to reduce Pitta aggravation.
 7. *Netra Tarpana (Ghee Eye Therapy)*
 - Triphala Ghrita or Jeevantyadi ghrita is used both internally and externally to nourish and strengthen vision.
 - Internal use: Take ½ to 1 teaspoon of Triphala Ghrita or Jeevantyadi ghrita on an empty stomach early in the morning.
 - External use: Double-boil Triphala Ghrita or Jeevantyadi ghrita by filling a vessel with water and heating it. Place 1 teaspoon of Triphala Ghrita or Jeevantyadi ghrita in ghee in a small cup and liquefy it by placing the cup in the heated water. Once the ghee is liquefied, use a dropper to instill 1–2 drops in both eyes. Close your eyes for 5–10 minutes.
 - In Ayurvedic Panchakarma centers, this procedure is performed as Netra Tarpana, where ghee is retained around the eyes to relieve dryness and fatigue. A dough ring is built around the eyes, and lukewarm Triphala Ghrita or Jeevantyadi ghrita is poured inside it. The temperature of the ghee should be checked to ensure it is comfortably warm. If the eye-related problem is severe, one can visit the nearest Ayurvedic center and undergo this therapy.
 8. *Diet for Healthy eyes*
Favor cooling and hydrating foods to balance Pitta and support eye health:
 - *Amla (Indian Gooseberry)*: Rich in Vitamin C, strengthens optic nerves.
 - *Ghee*: Nourishes eye tissues and prevents dryness.
 - *Leafy Greens (Spinach, Moringa)*: High in lutein and antioxidants.
 - *Carrots and Beets*: Improve blood circulation to the eyes.
 - *Hydrating Fruits*: Cucumber, pomegranate, and watermelon for moisture retention.
 - *Other Beneficial Foods*: Cow milk, buffalo milk, cow urine, honey, green gram soup, raisins, barley, red rice etc.
 - *Avoid*: Excess consumption of sour foods, horse gram, black gram and spicy foods.
 9. *Reduce Digital Eye Strain*
 - Follow the *20-20-20 rule*: Every 20 minutes, look at an object 20 feet away for 20 seconds.
 - Adjust screen brightness to reduce glare.
 - Use *anti-glare filters* or *blue-light-blocking glasses*.
 - Avoid screen use at least *one hour* before bedtime to prevent sleep disturbances.
 10. *Cooling Ayurvedic Eye Drops* - Use Ayurvedic eye drops like *Itone* or *rose water* to provide cooling and lubrication, reducing eye strain.
 11. Wear *sunglasses* when exposed to bright sunlight to protect against excessive heat.
 12. *Proper Sleep and Eye Rest*- Ayurveda emphasizes *night sleep* as essential for eye health. Lack of sleep increases Vata, causing *dryness, twitching, and eye fatigue*. Ensure *7-8 hours of restful sleep* to rejuvenate and strengthen vision.

Conclusion

Balancing digital usage with Ayurvedic eye care practices can prevent long-term vision problems. By incorporating cooling herbs, nourishing foods, and protective habits, one can maintain sharp and healthy eyesight naturally despite prolonged screen exposure. Embracing these holistic Ayurvedic remedies ensures sustained eye health in the digital age.



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



A Taste of Summer, A Touch of Love

Maitreyi Aparna Dedhia shares the recipe for Ambe Dal- a tangy summer kick!

When life gives you raw mangoes, make aam panna, kairi dal—tart, spiced, and unapologetically bold. More than just a summer staple, raw mango fires up digestion, coaxing enzymes into action.

Legend whispers that Buddha meditated under the cool shade of a mango tree, while history crowns the mango as India's beloved national fruit. A fruit of kings, poets, and sweltering afternoons—timeless, untamed, and unforgettable.

Growing up in Maharashtra, summer wasn't just about ripe mangoes; it was the raw ones—stolen off trees, dusted with salt and chili, their sharp tang slicing through the heat—that truly electrified the season.

I remember trailing behind my mother to haldi-kumkum gatherings, drawn by the kacche aam ka panna and kairi dal. Women, draped in summer's best, gossiped, cooled off, and savored tart sweetness—chana dal on their plates, amber-green panna in their hands.

I welcomed summer with kairi dal and panna, staples in my post-Holi routine. Their tangy kick fuelled me, their health benefits sealing the deal for a fitness freak like me.

I remember making these for my American cousins and their firangi friends. Low on calories, spice toned down—needless to say, both dishes were a smashing hit.

Ambe Dal – A Tangy Summer Kick

Ingredients:

- 1 cup split chickpeas (chana dal), soaked 4-6 hrs
- ½ raw mango, grated (adjust for tartness)
- ½ tsp sugar
- Salt to taste



For the Tadka:

- 1 tbsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 6 curry leaves
- ¼ tsp hing
- 2 dry red chilies, broken

Method:

- Drain soaked split chickpeas (chana dal) and grind coarsely—no water.
- Mix dal with grated mango, sugar, and salt.
- Heat oil, crackle mustard, add cumin, curry leaves, asafoetida, and chillies.
- Pour tadka over dal, mix well.
- Chill for 30 mins (optional). Serve on a mango or plantain leaf.

A crisp, tangy bite—summer in every spoonful!



Aparna Dedhia is a spiritually oriented blogger, and an avid fan of traditional age old Indian Cuisine.



The Whispering Engineers: Earthworms

In this article, **Nishigandha Ji** discovers how protecting earthworms is crucial for a sustainable future. It reveals their vital role in our ecosystem and how we are threatening their existence.

The monsoon rains arrive, and from the seemingly barren earth, a miracle unfolds. Brown, glistening forms emerge, wriggling and weaving through the moist soil. We often dismiss them as mere worms, yet these earthworms are silent architects, vital threads in the intricate tapestry of our planet, and, in a broader sense, the conscious cosmos. In the realm of sustainable living, we speak of interconnectedness, of understanding our place within the grand design. But what if that design extends beyond the visible? What if every element, from the smallest microbe to the largest galaxy, possesses a form of consciousness, a role in the cosmic symphony?

Transforming Soil

These non-vertebrate engineers reside beneath the surface, enduring extremes of heat and cold, their existence a testament to resilience. They emerge when conditions are right, their movements are a dance of life, aerating the soil, creating pathways for water, and enriching the earth with their nutrient-rich castings. Consider their work: they are nature's purifiers, consuming pollutants and transforming them into fertile life. Their casts, teeming with five times

more nitrogen, seven times more phosphorus, and a thousand fold more beneficial microorganisms, are a testament to their transformative power. They create tunnels, not just for themselves, but for the roots of plants, fostering growth and abundance. In a cosmos where every element plays a role, the earthworm's role is clear: to nurture the soil, the foundation of life. Their actions echo the cosmic principle of balance, transformation, of turning waste into nourishment.

Our Responsibility

We introduce toxins, salts, and pollutants, effectively silencing these essential voices in the cosmic chorus. We are, in essence, disrupting our own connection to the earth's vital energy and disturbing this delicate balance. Sustainable living isn't merely about reducing our carbon footprint; it's about reconnecting with the inherent consciousness of the natural world. What can we do? We can begin by reducing our reliance on harsh chemicals in our daily lives. We can opt for natural alternatives, embracing the wisdom of ancient practices and modern bio-solutions. We can educate ourselves and others about the vital role of these humble creatures.

The Conscious Cosmos

Shifting Perspectives

A healthy soil is the foundation of a healthy planet. By protecting and promoting earthworm populations, we are not just nurturing the soil; we are building a more sustainable future. Let us recognize these underground guardians for their tireless work and commit to practices that honour their vital role. By doing so, we ensure a thriving ecosystem and a sustainable future for all. Life thrives in balance. By protecting them, we protect ourselves, and we honour the interconnectedness of all things. In doing so, we nurture not only the soil, but our own connection to the living, breathing cosmos.



After many years in the Corporate World, *Nishigandha* finally gave up all to be in the lap of mother nature. For the past decade, she has been practising regenerative farming.



Tales of Transformation

How Maitreya Dadashreeji Shapes and Guides my Everyday Life



RATNAMALA

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.

Starting her journey with learning of meditation techniques and practice, Ratnamala ji details how her experience with the MaitriBodh Parivaar and Maitreya Dadashreeji helped transforming her into a happy, peaceful, and accepting person. The Maitreya's presence in her daily life through little 'miracles' gives her the confidence and peace that He is there, listening and responding to her. Offering seva has given her purpose and direction, she concludes.

Dadashreeji is a force that awakens us to the experience of Divine Love, of complete acceptance, of joy and peace within us. Such an experience may feel 'unreal' or mystical, when seen from the practical mind. We may wonder how these experiences will help us to deal with life's challenges, be they of relationships, growth, or even basic survival in society. The core of Dadashreeji's message is that life is simple, and we must flow with it by being natural or true to the self. When the Divine awakens within us, the experience goes beyond the spiritual, and touches all aspects of life transforming it

and giving us the direction we had been seeking. In this column, we will feature stories of transformation from the members of our vast family – moments from day to day living and how the Grace of Maitreya Dadashreeji shapes us in new ways, helping us discover and bond with 'Dada' – our Inner Divine.

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

Ratnamala ji lives with her family in Malaysia and has been with MaitriBodh Parivaar since a little after the recent Covid pandemic. She works as a secretary in a legal firm.

You were introduced to the MaitriBodh Parivaar and Maitreya Dadashreeji a little after the Covid pandemic when the Parivaar's activities were conducted online only. What was your experience of that time?

Those were chaotic times. The MaitriBodh Parivaar was in touch with people in Singapore and Malaysia wherein they were spreading Dadashreeji's teachings

through online programs and meditation sessions. I did not know anything about Dadashreeji when I joined, but I just followed my heart. Learning the basics of meditative practices answered a prayer.

I was a follower of Sai Baba. In Sai Charitra they emphasise on meditating on your Divine to be connected. In true meditation we get connected to the Divine. I longed for that state but did not know how to achieve it.

A friend of mine told me to pray to Lord Shiva to guide me on learning meditation.

Within two days of my prayers to Lord Shiva, I got connected to a Maitreyi from MaitriBodh Parivaar. When she was talking about meditation, I could not believe it was real! How could my prayer be answered so quickly? So, I was very interested. And that is how I got introduced to the power of Dada!

Wow, look at that.

Yes. So, I just knew that I was on the right path. What confirmed it was the program

Tales of Transformation

of 21-day online Maitri Sambodh Dhyana meditation sessions. We would wake up at 6 am in the morning, take a bath, freshen up and wear white clothes and sit in a quiet place. My husband would wonder what I was doing, and I would say, 'it's okay, I'm just learning how to meditate.'

In One such session when I had my eyes closed, I suddenly felt someone standing beside me wearing white clothes and a white cloth covering His head. I had not yet seen Dadashreeji and did not know what He looked like. I couldn't open my eyes as we were meditating, I could only sense the presence. Suddenly, I 'saw' Shirdi Sai Baba's image that I have in my altar. The 'vision' was crystal clear, and I was arranging flowers on Baba's image.

I was thrilled and could not believe that I was seeing Baba in my meditation, knowing very well that I don't know how to meditate. That evening when I went for a walk, I began to search for the exact white flowers that I saw in my meditation. I somehow found them. I came back and arranged all that flowers on Baba's picture. And I said, 'Thank you, Baba. I know you have brought me here. I know that I'm on the right path. You have showed me my way. So, I'm carrying on with this journey.'

Can you share more about the vision you saw, seems like you saw both Dadashreeji and Sai Baba.

Exactly! Dada and Baba are one for me, and this is it. There's no search now because I'm very happy that I am on the right path. The transformation that I've experienced since then is so beautiful. I have started off my inner transformation with MaitriBodh Parivaar and I know this will carry through till the end of my life journey. I believe Dada listens to every single word. It's not like all my wishes have come through. I've had wishes that have not been fulfilled but I'm not disappointed about it, because at the end of the day, I have learned to accept and face these challenges. Nothing bothers me now. I know that I'm a changed person.

It would be lovely to hear about the changes you have experienced. Any one that immediately comes to mind?

I was a worrier. Earlier, if something happened, I would think about it the whole day, and even my sleep would be disturbed. But if something happens now, I think about it for a while and that's it. I just leave it and say to myself, 'Okay, whatever be it, it's like that.' It doesn't bother me beyond the moment. Secondly, patience. I think after joining MaitriBodh Parivaar, I became more patient. Also my voice, I noticed when I speak, it is much softer than before.

Then, there is anger. I used to get very angry, little things would irritate me. Now, the anger has also subsided. I can just keep quiet and move on. I remind myself that I am part

of MaitriBodh Parivaar and I am able to be loving and let go of my anger.

Love changes everything. So, this is how I am transformed.

What kind of talents or gifts did you discover about yourself after you joined MaitriBodh?

I don't know about talent but I am blessed that Dada listens to my needs and requests, for every little thing. For example, it can be difficult to connect to people on calls sometimes. I pray to Him, and somebody answers the call! And I say, 'thank you, Dada'.

Same with getting car parking at shopping complexes, and I said, 'Please, Dada, I'm already doing three, four runs. Just give me a place for parking.' And right in front of me, there'll be a place for parking. These are the things that He has done for me. Even if it is the small things, it has helped me in many ways. I just feel that He's there, He's listening.

Maybe some things that He has not done for me yet, as it's not my time yet; I let it be and just flow. That is what has awakened as a gift.

You have matured spiritually!

Yes, I think so too. My husband and daughter they tell me that I am a different person now.

I'm very happy being a new person because I feel there is a purpose. Everybody is getting connected, even strangers when they pass by, they smile at me. And I smile at them. I



Tales of Transformation

won't know the person. But they are friendly with me, we just get automatically connected.. I'm very happy.

Have you been to the Ashram in India? What has been your experience in the Ashram?

Yes, thrice. When I joined MaitriBodh Parivaar it was during Covid so everything was online. Then when things opened, I was hesitant to travel – but slowly we gained confidence and came to the ashram. The humility and love of the sevaks, the atmosphere in the ashram, it was something truly special! They were doing everything for us. The minute I experienced their love I felt that I must be one of them and become a sevak. They didn't differentiate between people. Their love, their smiles changed me.

I remember even talking to Dada on that day, about how loving people were and how much I was enjoying being a part of it. He only came for thirteen of us. and everybody said, we are lucky. The very first time I saw Dada, He was at a distance, quite far. I looked at him and I just said, 'Love you, Dada!!', and He looked at me with a smile and I can't ever forget that smile, and His eyes!

Have you had the opportunity to offer seva and how is it transformed you? ?

Seva has totally changed me; my expression is caring and gentle and I smile at everyone. . I'm doing seva without any expectation. I'm just doing it because I'm happy.

At Parivaar events we meet strangers. But after we have offered seva for them, after whatever they have received, everybody is so happy. They become like a family. One family. So, you come as strangers, but you go back as a family. And when they are sitting down and talking and eating, you know, that happiness that you see on their faces and their experiences that they share with you, you think, my God, how good this is! I am happy that we made somebody happy.

MaitriBodh Parivaar is the first organization that I've joined, and I don't think I will get this fulfilment anywhere else. Seva is fulfilment for me. Seva makes me strong and gives me a sense of purpose.

So much is happening in the world, where do you see the fit for the work of the Maitri Bodh Parivar?

I think everyone, and every spiritual organization, should practice what MaitriBodh is practicing. Transforming people with love, and to be connected to your Divine. And I think transforming people with love is going to make this world so beautiful.

What would you say to people and women like you in Malaysia, and in other parts of the world.

If you don't try, you'll never know. You must come forward, experience what MaitriBodh Parivaar is all about. It is something so good that nobody should miss out on this transformation. Open yourself up to

receiving that Grace, receive those blessings, and experience growth in life. Life is not going to be easy but you understand and accept it. I think through transformation I have become peaceful, happy, and accepting. I pray that millions more like me share in this wonderful experience!





The Divine illuminates my path!



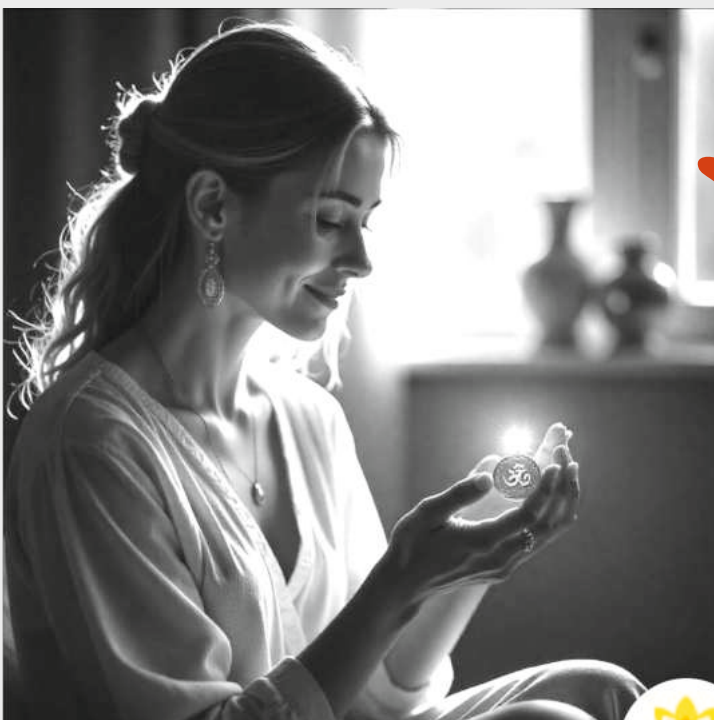
In moments of self-doubt, worthlessness, or loneliness I find solace in the Grace and guidance of my Divine Friend, my transformational friend, Maitreya Dadashreeji.

His presence transforms my stress to strength, reminding me of my purpose. Each time I feel left out, events transpire offering me insight and direction through a new opportunity of seva. Each experience becomes a lesson, illuminating my path and renewing my spirit. Through Dadashreeji's wisdom, I learn to embrace my role in seva, shedding negativity and stepping forward

with confidence. His unwavering support always inspires me to rise above challenges, reinforcing my belief in myself and the Divine journey ahead.

In every low moment Maitreya Dadashreeji has picked me up with utmost love and held my hand to get me out of the difficulty I may be facing. I say this with full confidence through my personal experience that where everything fails, Dada begins!

Megha Kansal



Embrace the real wealth!

A fortnight ago, I was arranging my ornaments but I could not find two of the pieces which I cherished. I frantically searched for them but without any luck. Instead, I found a small aum locket of my daughter which I thought had been lost. Finally, I gave up the search. I felt Dada wanted me to realize that these things are not real wealth as they keep us tied to the material world. I felt immeasurably relaxed thereafter.

Bharati Sen



Countless Blessings



I was driving my Tesla on the highway and suddenly realised that there was only 1% charge remaining. My inner state was stable and secured as I had an idea of how to manage the situation if the battery died. Nevertheless, I prayed to Dada for His intervention. In fact, the idea I had was actually a blessing from Him too as it was He who inspired me in the first place, and He as always has a better plan. Then I saw Sharjah Golf and Shooting Club nearby. With the 1% charge, I decided to check if they have a Wall Connector and luckily they had and I charged my car. I even enjoyed my time with a cup of coffee in a Cafe inside the club while my car was getting charged. This experience turned into a positive one and it reminded me that Dada governs our lives all the time and that we all soak in His blessings because He is the ocean of love. We just don't realise this truth due to our daily stories and encounters. These blessings are available to us all the time. From the air we breathe and yet we take it for granted, to the sleep we get every night

which again we take for granted, and many more such countless blessings go unnoticed. We have limited the blessings to money and belongings, while the most precious blessings are free of cost, endless and available at all times.

The more we get connected to the Divine, the more we get blessed with the awareness of His presence in every second of our lives.

Next time when you encounter any challenges, please ask for Dada's intervention, help, support, guidance and presence. Ask him to hold your hand towards light. You will witness the magic that I am talking about.

Don't forget to thank Dada and give him a heartfelt gratitude for all His blessings that you are or not aware of.

Dada Sharanam

Shaikha

Opening to Divine Love!



During my seva at Nourishing the Soul Retreat I got an opportunity to be in Maitreya Dadashreeji's presence. It was on the eve of 2024 when things changed for me at the heart level. Post the live session, where Dadashreeji went live for a spiritual process, we had an opportunity to experience His transforming presence up close.

I looked into His eyes and said "Love you, Dada"; looking me in the eye, He said "Love you"! I had longed for this moment and it is etched in my soul forever.

After the conclusion of the event, I went back home and started having dreams of His presence. One of the most profound dreams was where He was sitting next to me in a classroom. He keeps His hand on my heart

and heals it. I could feel the healing energy entering my heart. After the healing, He hugged me and till today I feel that warmth in my Being. The dream was so real. Within a few days I started to feel the changes in my Being. The void that I felt in my heart was dissolved and I started to experience the feeling of oneness with existence on a subtle level. I felt centered and fulfilled. What I understood from this experience was that the closer we move to the Divine the more open we become and start to experience the truth. His powerful, Divine and sacred physical presence catalyzed this experience for me. Thank you, my Dada! Love you eternally, forever grateful!

Shruti Kshirsagar



Relief from pain!



I have been suffering with a migraine problem for 20 years and have tried homeopathy and allopathy but to no avail. The pain gets so bad that I have had to take pain killing injections. When I heard of Dadashreeji and the MaitriBodh Parivaar I decided to join for a session of Guru Pushyamrit and prayed for relief from my illness. Since then, I have experienced great relief from the pain of migraine headaches and am grateful to Him for this relief.

Sujata Daphale

Freedom of the inner child!



In December I joined the 'Soul Nourishing Retreat with Maitreya Dadashreeji'. On the first day we did a process where I 'saw' my inner child sitting in a cage surrounded by thick walls. Suddenly the walls were shaken, and a gap formed in the ceiling. Part of the wall collapsed and my inner child was able to escape through the crack in the ceiling. It was such a liberating feeling and I saw my inner child dancing with an angel. I imagined that this angel was Dada. Two months later, I still feel free within. Thank you, Dada

Anita Stix

My soulful Ashram stay!



I truly cherish my amazing stay at The Shanti Kshetra Premgiri Ashram. Everything was taken care of to the last detail by the wonderful Sevaks. Dada's sessions were intense and full of love. His presence radiated intensely Divine energy. The aarti for the Divine Mother was such a blessing that it made one shed tears of love and joy. The food was plenty and delicious, it was like being in the Disneyland of true spirituality, an experience that one can never ever forget. I only wish I had visited the gaushala too!

I returned home from the Ashram with my heart full of love and Grace of Maitreya Dadashreeji.

Vijay Pardeshi

Transformation with Bodh



My spiritual journey started through my wife Shweta who was Dada's devotee. I started by attending Bodh I in Thane and the journey continued till Bodh IV. I got the privilege of being in Dada's aura at the time of Divine darshan at the Ashram. In the DMK while we were doing our Bodh sessions I could sense Divinity in the sessions being conducted by Mitras and Maitreyis. Ever since, my life has changed in many ways. I am more patient now. I believe in Dada's cause and I am contributing in a small way to take it forward. I will do my best to share with people Dada's vision and mission for humanity. Dada Sharnam and lots of love for Dadashreeji!

Vivek Pujari



Maitreya knows Best!

The best medicine for people suffering any form of disability is love, for it is love (for humanity) that drove the MaitriBodh Parivaar to launch a prosthetics camp at the Ashram for the physically disabled people, writes *Maitreyi Leila*.

As the time was getting closer to my journey Home, I was feeling quite fatigued. It had been a full and busy year (all good things), yet still I was feeling quite spent and was so ready to come Home to the Ashram, be filled and renewed again. So much so, that I told my travel mates, "I'll help get everyone to India, we can do some sight-seeing and shopping, but when we get to the Ashram, you are on your own. I just want to be alone with the Divine."

I could hardly wait and finally it was Monday, and we made our way to the Ashram. We arrived around lunch time. After talking a walk around and saying hello to the Divine Forms everywhere, I went to sit down to eat. A beautiful Maitreyi caught my eye, reached out with her hand, pulled it close to her cheek and said, "I need your help."

"Yes, of course", I said. She began telling me about the prosthetic camp happening all week, just out the Ashram entrance of the former cow shed. I had completely missed that upon entering. How did I not even see this beautifully set up camp?

I had no idea whatsoever about Maitri Adarsh Gram. Have you heard of it? Wow! I hope it is not condescending to say how proud I am that our family has instituted this beautiful seva initiative!

Now as a career Occupational Therapist, I am in my element, feeling completely at home with wheelchairs, walkers, individuals with physical and/or developmental challenges. We served around 150 people in the week leading up to the Global Maitri Festival.

It was an amazing sight to walk to, a table-full of prosthetic appendages. Every individual treated with love, respect, and honesty. All were fed, given drink, and assisted with washroom usage. Not knowing the language, walking up to the tuk tuk that dropped them off, offering them a smile and an arm, made them feel welcomed.

In one day only, people were brought to the Ashram from remote villages, limping, crawling, hopping, and they left walking and rolling.

The Prosthetists were amazing, putting in long hours, seeing one individual after another. Each prosthetic limb was molded to fit each person perfectly.

I witnessed a gentleman with bilateral amputations receive two prosthetic legs as within minutes he went from crawling, to limping, to walking without a cane or crutch or walker. It was a sheer delight to see him at Maitri Global Festival a few days later. He was glowing with joy!

I witnessed joy on mothers and fathers' faces as their little children received full length leg braces to begin their rehab journey.

I witness a woman's glowing face as she received a prosthetic right arm. I asked if she would be receiving therapy to learn how to use it. "Yes, definitely", was the immediate answer. There was a young teen aged boy with inverted feet. He was given a new type of a crutch which





supported at the forearm for more stability. And the best part was that it was determined he would need three rounds of surgery to repair his feet and ankles and that he will be receiving these surgeries free of cost!

In fact, everyone received everything free of cost. A new wheel chair, crutches, prosthetics, everything! Maitreya Dadashreeji's Love knows no bounds.

I learned that in the prior month nearly thirty persons underwent free cataract surgery. They came back this week of the Global Maitri Festival for a follow-up check, still wearing their dark glasses to protect their eyes from excessive light; soon, they would no longer need to wear them.

And then, an entire class of teenaged boys from the deaf and hard of hearing school came and a few were fitted with hearing aids.

Just amazing, amazing, amazing!

It was a beautiful sight to behold the Maitreya come to witness all that was happening. It was wonderful to witness Him holding a young boy under the chin, talking to, and blessing this boy. He blessed all patients, prosthetists and sevaks. Then, He sent all His disciples in, one by one to witness the miracle of treating people with dignity, love, and respect.

Dada knew just what I needed to renew my energies. Not to sit idly, but through seva. Serving humanity through MaitriBodh Parivaar's mission of One World, One Family, One Truth.

Thank you so much, Maitreya Dadashreeji. You have renewed me and strengthened me internally through Your gift of seva.

I LOVE YOU, DADASHREEJI

From my heart's core,
I just want to love you more and more,
You have always held me tight
So that my light is ever shining and bright,
You believed in me when I didn't...
You created opportunities for me always,
Without giving anyone a hint.
You held my hand in the darkest of pits..
You just didn't let me fall... even though life gave me
painful hits,
I love You most, my DADA for picking me up each time,
For giving me those clear signs ...
When I was completely hopeless and lost....
YOU LOVED ME ENOUGH, and gave me opportunities to
make me realize....
Can't feel lost , at any cost..
Every breath of MINE,
belongs only to you, MY DIVINE
I surrender my life here to YOU.....
For, from many lifetimes..., this debt was due
Always at your Divine Lotus feet, DADA

Megha Kansal



The Divine Light at the United Nations!

Mitra Kaivalya, represented our International Spiritual Council for Transforming Humanity and addressed the United Nations on the occasion of International Day of Conscience 2025 in Geneva. The Divine Light of Maitreya Dadashreeji was shared with world leaders as a symbol of hope and the way forward for Humanity at large!

<https://www.facebook.com/share/v/15SFdCrM3n/>

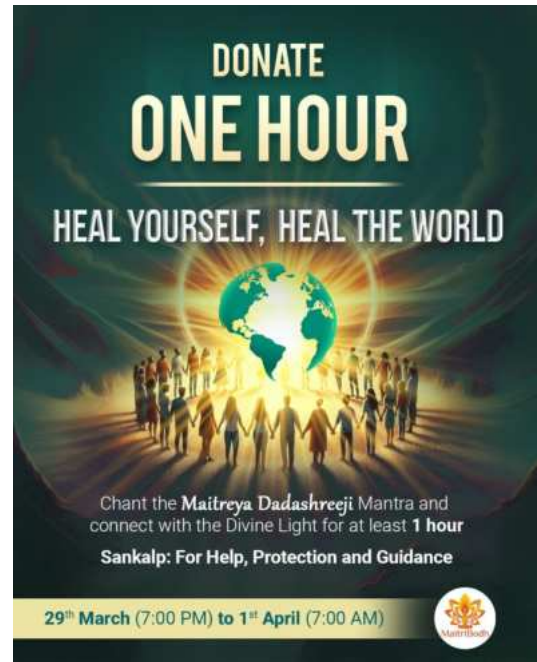


Heal Yourself- Heal the World

History was made! From March 29 to April 1, millions united in the 60-hour LIVE relay prayer for Humanity – Donate One Hour: Heal Yourself, Heal the World – a movement of faith, healing, and global unity. This was more than just a prayer; it was a powerful shift in consciousness. The impact has begun and its ripple will reach far beyond what we can imagine.

#DonateOneHour

#HealYourself#TransformationWithMaitriBodh



The Global Peace and Spiritual Leadership Award

We are thrilled to share that MaitriBodh Parivaar has been honoured with the 91.1 FM Radio City Global Peace and Spiritual Leadership Award for its profound philanthropic and social-spiritual contributions. This recognition is a testament to the unwavering dedication of our volunteers, seekers, and devotees who walk this path of transformation with Maitreya Dadashreeji.

We extend our heartfelt gratitude to Radio City for this honour. Inspired by this recognition, we remain committed to our mission – striving tirelessly to create a meaningful impact, spread love, and establish lasting peace on this planet.

#TransformationWithMaitriBodh
#MaitreyaDadashreeji #RadioCity



Divine Darshan on the auspicious day of Ram Navami

On the auspicious occasion of Ram Navami, almost 1700 souls embarked on a life transforming journey. As blessings showered in the Divine presence of Maitreya Dadashreeji, inner blocks melted away, prayers found their answers, and hearts were filled with an overwhelming experience of Love. As seekers stepped out of the Dhyana Manthan Kshetra, there were no words—only tears, embraces, and the silent language of love flowing through every glance!



Shakti Conclave 2025!

Mitra Parn, on behalf of the MaitriBodh Parivaar was invited as a guest speaker at the Shakti Conclave 2025 – organised by Ministry of Parliamentary Affairs and Minority Affairs and dedicated to unite and uplift people, celebrating the rise of feminine energy.

His message of Transformation and the key to women empowerment resonated deeply amidst an esteemed gathering that included influential personalities like Smt. Sudha Murthy, Usha Utthup and ministry representatives.

#ShaktiConclave2025

#TransformationWithMaitriBodh



Global Tolerance and Human Fraternity Conference



International Spiritual Council for Transforming Humanity (ISCTH) has participated in the 5th edition of the Global Tolerance and Human Fraternity Conference which took place on 5th and 6th February 2025 in Abu Dhabi Energy Center in the emirates of Abu Dhabi, United Arab Emirates.

The event, organized by the Ministry of Tolerance and Coexistence in collaboration with the Muslim Council of Elders and the Zayed Award for Human Fraternity, brought together prominent intellectual and religious leaders from around the world. Also, promoting peace, tolerance, and coexistence in the UAE and beyond. The conference coincides with the International Day of Human Fraternity, which recognises the Document on Human Fraternity, signed in Abu Dhabi in 2019.

H.E. Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance and Coexistence, who inaugurated the conference, highlighted in his opening speech the significance of President His Highness Sheikh Mohamed bin Zayed Al Nahyan declaring 2025 as the "Year of the Community" in the UAE.

He emphasised that this initiative reflects the country's commitment to building a socially cohesive and economically sustainable society, one that preserves the UAE's unique cultural heritage while embracing the diversity of its residents.

He stated that this approach supports ongoing efforts to encourage individuals, families, and institutions to work together for a prosperous and cooperative society.





Health and Hygiene Awareness Session for Women

In celebration of Women's Day, a special gathering was organized for the women of seven villages nearby the ShantiKshetra Premgiri Ashram, led by the village women themselves with the support of Sneh Sanskar Gurukul and Ashram staff. On a sunny afternoon at 2:30 PM, 95 women, 18 young girls, and 50 children gathered, eager to be part of this memorable event.

With the addition of new team members the venue was beautifully decorated with Rangoli, flowers, and torans, while delicious treats like samosas, cakes, and sherbets added flavour to the celebration.

The session began with a focus on the importance of health and hygiene, highlighting the crucial role women play in maintaining the mental, physical, and emotional health of their families. Emphasizing that the happiness of a home often depends on the woman of the house, the session encouraged everyone to recognize their responsibility towards their own well-being and that of their loved ones.

The event also featured a series of fun activities where women of all ages participated enthusiastically. A traditional haldi kumkum ceremony was held, with each participant receiving a beautifully curated kit. This act of applying vermillion and turmeric on each other's foreheads symbolized not

only the power and courage within every woman but also the ancient traditions of Bharatiya Sanskriti, which encourage women to pray for the well-being of others.

While gifts, food, and activities made the day special, the true essence of the celebration lay in the initiative led by the village women for their own community. The smiles on their faces reflected the spirit of "One World, One Family," reminding us of the powerful unity and collective strength of women.



Women's Day Saga

After the amazing celebration at the Ashram, we decided to add more happiness to the day by joining the ladies from a nearby village of 200 houses, 30 km away from Karjat called Nagewadi.

Even after six years of working in these villages what still mesmerizes me is the simplicity and the kind hearts of the villagers who are always willing to share, even if they have so little.

So today, when we reached this village at short notice, we were happily welcomed with special rangolis, aarti, and big bright smiles. Truly, the exhaustion of driving more than 250 km and being out of home since 5.30 am vanished completely the moment we saw those pure, innocent, and welcoming smiles.

This function was organized on the first floor of a house under construction. To some it may not look well-constructed or even seem too small but the lady of the house was

extremely proud to share how the entire family had been working for six years to make this house and how fortunate they felt that this initiative was happening at their home. This emotion and expression of the lady of the house highlighted the true essence of family, bonding, and our traditional culture of Bharat and the contentment inherent therein.

Magically, this house with its kind heart accommodated over 80 ladies and 21 children who whole heartedly participated in our session about the importance of good health of the lady of the house and its impact on the family.

The session ended with haldi kumkum and snacks for everyone.

When we looked back from our car we saw a beautiful sunset and the even more beautiful sight of the big, bright, hopeful eyes nurturing a dream of a magnificent tomorrow.





Mahashivratri: A Spiritual Night with Maitreya



Mahashivratri, the night when celestial alignments favour profound transformation and inner growth, is celebrated at MaitriBodh Parivaar in its truest essence. At ShantiKshetra Premgiri Ashram, devotees immerse themselves in unwavering devotion to Lord Shiva manifest in the form of Mahakaleswar.

This year, thousands gathered for a one-of-a-kind celebration, where Maitreya Dadashreeji bestowed a direct experience of Shiv Tattva, the very essence of Lord Shiva. Through the unique Rudraksh Shakti Kriya and a deep meditative process, participants were guided to overcome life's challenges and obstacles. Adding to this transformative night, Maitreya

Dadashreeji's profound message prepared them for the Navayug—the divine new age.

Within the sacred ShaktiPeetham, the tradition of Ek Bilwa, Ek Prarthana gave each participant the opportunity to offer a Belpatra along with their heartfelt prayer, receiving divine grace in return.

As the night unfolded, tears of devotion and hope filled the eyes of many, making this Mahashivratri a truly unforgettable experience.





Dev Diksha: The Grace and Blessings of the Divine

It is the supreme compassion of the Divine manifesting in our life to guide, protect, and transform us. The 'Shree Mahavishnu's Shree Mani Mukut' (crown) when placed on one's head dissolves inner blocks and aligns one with Divine consciousness thus preparing us for the 'Divine Age'.



The mesmerizing experiences of the participants of Dev Diksha at various regions in India:

It was a divine reckoning—one that broke through my usual reserve. I rarely cry, but in that moment, the floodgates opened, as if I were receiving a celestial blessing. A quiet voice within whispered, "Don't worry; everything will be fine from here on." As the conductor instructed us to envision Narayan I felt tethered to a deeper, inexplicable force. That inner spark ignited a raw connection, and when a brilliant cascade of white light enveloped me, it was as if every moment of my journey converged into a single, overwhelming instant. There I stood with Dadashreeji—each gesture laden with ritual and meaning. Flowers were tenderly presented, and the mukut was placed upon my head like a crown of destiny. In that incredible, sacred indelible moment, the beauty of the ritual fused with the stark reality of my

emotions, leaving me raw, reborn, and profoundly connected to something much larger than myself.

Kunika



Since childhood, I have been a devotee of Lord Hanuman. When I was sitting for the divine initiation, I had the blessed vision of His face—a very radiant, smiling, and serene expression. As soon as the "Narayan Narayan" bhajan began, tears started flowing from my eyes, and my entire body began to vibrate with a divine energy. I couldn't understand why it was happening. I tried to control myself, but I couldn't. Eventually, a volunteer helped me get up, yet I still felt that powerful energy inside. The motherly love and warmth here were overwhelming, and it felt incredibly comforting. Then, when the mukut (crown) was placed on my head, it felt as though Lord Hanuman Himself had gently touched me, blessing me. I had always prayed, "Lord, may Your hand rest on my head once," and today, that prayer was answered.



Thank you so much, Dadashreeji, for this extraordinary experience. I will be forever grateful.

Rajesh Sadanand Tamble



When MahaVishnu's Mani Mukta was placed on my head, I completely lost awareness of my physical self. I felt as if I was no longer in my body. That crown holds such powerful positivity that it makes us strive to be divine. The mind becomes so illuminated that we start feeling as if we ourselves are one with the Divine, and any sense of burden or responsibility simply disappears.

When Narayan's crown is placed upon us, His Grace and Blessings envelop us completely. This feeling was so overwhelmingly powerful that I experienced absolute peace. It felt as if

Premavatar Maitreya Dadashreeji had taken away all my burdens. Instead of placing His hands on my head, He placed the crown—because when Dada's hand is upon us, what is there to fear?

It was as if Dada was saying—"Come, take all that I have to offer!"

As I tried to express this, my throat choked with emotion, and tears welled up in my eyes.

I have never witnessed a Diksha like this before. If you receive it with pure devotion, you will become truly abundant—and no hardship will ever touch you.

Thank you, Dada!

Anonymous





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
Spiritual Week	23rd to 27th April	ShantiKshetra Premgiri Ashram
Heal The Soul (Bodh - IV)	21st to 25th May	ShantiKshetra Premgiri Ashram

For queries please call us on 9815109394

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.

“
*Heal yourself,
Heal the World.*
”

Maitreya Dadashreeji

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