

Sound of the Heart

VOLUME 12, ISSUE 2  
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# MAITRI *Anahita*



*Surrender to*  
**the Divine!**



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# dear Loved Ones,

Dear Ones,

Namaste and warm greetings!

As we celebrate the auspicious day of 'Guru Purnima', as *Gratitude Day* on the 10th of July, we seek this opportunity to offer our heartfelt gratitude for the infinite Divine blessings in our lives. Gratitude is the sweetest virtue we can embellish our lives with. Not only does it pave the way for tremendous happiness and abundance, it also transforms our lives positively. Gratitude is that potent force which strengthens us to live life with the firm belief that the Divine keeps us protected with His Grace at all times. Thus, '*Gratitude*' is a stepping stone towards the blessed state of 'Surrender'.

At the MaitriBodh Parivar we convey our sincere gratitude to the entire Parivaar for their love and selfless seva in the present turbulent times. In this edition, we bring to you some beautiful, transforming devotees' experiences, a humble offering of their love and gratitude to the Divine.

The sacred occasion of 'Buddha Purnima', witnessed Maitreya Dadashreeji reveal the significance of the Maitreya Consciousness and blessed seekers with the powerful *Som Shakti Pravaah* process. The month of June witnessed an outpouring of devotion during the 'Paduka Prem Yatra' across India and specially in many sacred temples in Pune, West Bengal and Delhi-NCR.

Youth for Global Peace and Transformation (YGPT) successfully completed the '*Bharat Yuva Parivartan Yatra*' to unite and uplift the Youth of India.

In this edition, under Pearls of Wisdom read Maitreya Dadashreeji's message that the Source- the Divine holds that absolute truth!



*With Love & Light,  
Team Maitri Anahita*

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

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## PEARLS OF WISDOM

The Master Spoke the Truth!



## 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 Events such as Saptrishi Shakti Pravaah, Bharat Yuva Parivartan Yatra, Paduka Prem Yatra, Buddha Purnima and various socio spiritual programs







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## *The Master Spoke the Truth!*

### Dear Friends!

When life seems to be engulfed in chaos and the future appears bleak, we often unknowingly activate a mental panic button that unsettles and terrifies our minds. In response, we may frantically seek out sources of strength and wisdom to restore our sense of calm. Often, during these challenging times, we search for the right support. However, a few individuals have the foresight to anticipate difficulties and prepare themselves in advance. These individuals not only aid themselves but also assist those who are unaware of the impending challenges.

In both scenarios—whether faced with life's challenges or the pursuit of personal growth—one ultimately comes to realise a profound truth. What matters is not merely when one arrives at this understanding, but how consistent and dedicated they are to the journey that leads to the truth. More than the result, maintaining a steadfast connection with the right process, guide, or source of wisdom is essential.

Undoubtedly, there comes a day when you no longer feel trapped in the turmoil perpetuated by a selfish and ignorant mindset. Unfortunately, the realisation of truth can be

disheartening, as most people may not share your perspective. You perceive the truth and comprehend its significance for the flourishing of everyone's life, which leads to frustration for the awakened individual trying to share their insights. This struggle often culminates in an epiphany, where the Divine reveals itself with clarity and strength to the seeker. At this moment, the inner voice or inner divine takes charge, guiding you on your journey to explore more profound truths.

Once, Babaji asked His disciples to bring Him a glass of milk. The disciples rushed to fulfil their great master's request. After a few hours, they returned to the ashram with the milk. However, a debate arose among some members about which type of milk was the most nutritious and powerful. They discussed various sources: some argued that cow's milk was the most sacred, while others contended that buffalo's milk was superior. Some claimed goat's milk held the most nutritional value, while others insisted that donkey's milk was the best of all. The conversation continued for some time.

The Great Master settled the confusion with His kind words. He uttered, "I spoke the truth. I asked for milk. You all got it as requested. You all brought the truth as I asked. But there is an

## Pearls of Wisdom

attached self to the truth you brought. You are all right with your version of the truth. The only difference is that you became attached to your truth and argued regarding its supremacy. First, learn to accept that what you have is a version of the truth and not the final truth."

There was a deep silence after He spoke in the surroundings. Being a compassionate master, He further explained the lesson with the story of Lord Prajapati's revelation to all three worlds.

*Let me share that story with all of you here!*  
There came a time when people, gods and demons found themselves in a state of confusion, unsure of how to navigate their lives. Struggling to find their way amidst the complexities of existence, they collectively decided to seek counsel from the wise one. Their unanimous choice was Lord Prajapati, the Divine Creator.

Seeing them all coming towards Him, Lord Prajapati welcomed them. All three poured out their confusion to Him, seeking clarity. They said, "We are in a quandary about our future. We pray to you to share your wisdom with us and help us know the truth that may illuminate our path."

Lord Prajapati, immersed in a deep meditative state, spoke the truth, "Da...Da...Da...!" and relapsed back into silence.

All of them departed with the word, 'Da', to their respective places. They tried to interpret the truth shared by the Divine. The gods were filled with joy as they deciphered the meaning of the word. They understood the truth as 'self-control'(daman)(दमन). As the caretakers of creation, they realised that practising self-control was their divine duty.

So, the demons got the meaning as well. They said, "Lord Prajapati wanted us to practice 'kindness' (Dayā)(दया) We must be kind to everyone."

On Earth, the people were filled with joy as they too felt they had deciphered the divine message. They understood it as 'Giving' (Dān)(दान). "We must practice giving. If we have more than we need, let us share it with others," they concluded, their hearts brimming with satisfaction.

They all derived the meaning of the word according to their state and role in the creation. What is your understanding of the word? Your truth!

We must know that the truth is one. There can be versions of it for the benefit of the region, its people, and nature. You shouldn't be adamant about your version of the truth. The Master, The Source, The Divine holds the truth. Learn to surrender yourself to that absolute truth, rather than confining your identity to self-limiting truths.

The Great Master and Lord Prajapati spoke only for the benefit of the seekers. All three 'Self-control', 'Kindness' and 'Giving' are spiritual qualities, and all of us must practice them for spiritual transformation, reassured that the Divine is guiding us.

Hence, when the master speaks to all of you, there is a message for you specifically. Learn to decode it and derive the meaning for your growth, not necessarily for others, understanding that you are individually important in the divine plan.

Hence, The Master Had Spoken That Truth!  
Surrender to that Higher Truth!

*The Divine Light will guide you further!*

Love and Blessings!



Maitreya Dadashreeji

# गुरु पूर्णमा

CELEBRATIONS

An opportunity for all of us to come together and express our profound love and gratitude at the Divine Lotus Feet of **Prem Avataar Maitreya Dadashreeji**

- Soak yourself in **Divine energies** of the Pādukā
- Participate in authentic and ancient vedic ritual of **Pādukā Abhishekam**



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8929 707 222



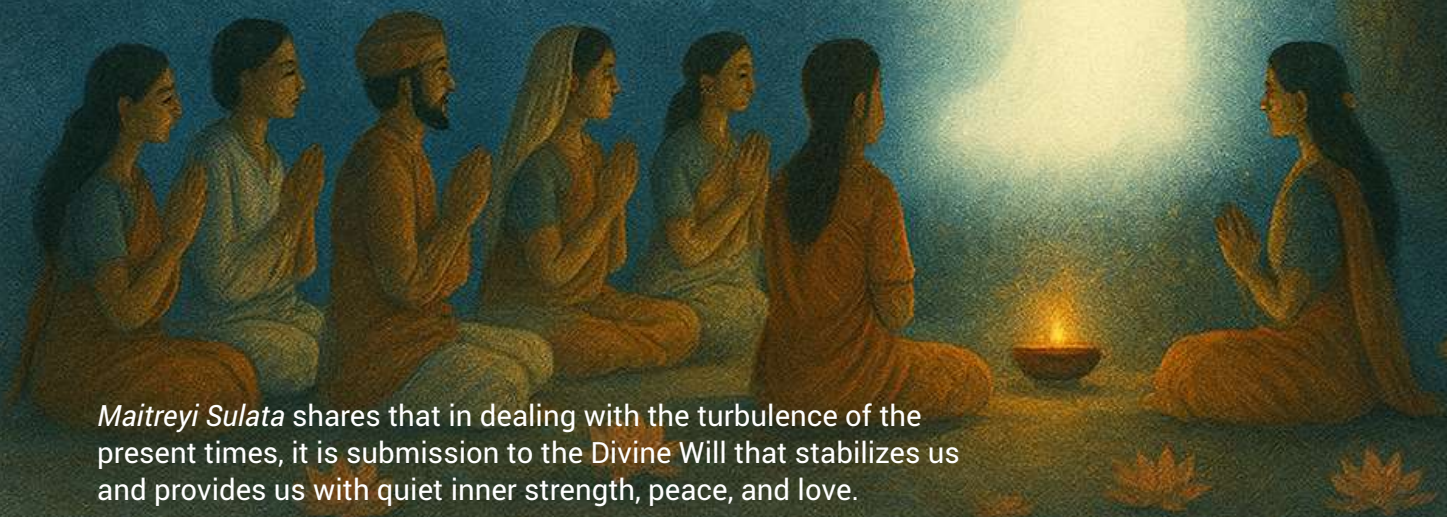
Thursday, 10th July  
8:30 AM - 5:00 PM

(No charges, open for all)  
(Registration mandatory)





# *Surrender to The Divine*



*Maitreyi Sulata* shares that in dealing with the turbulence of the present times, it is submission to the Divine Will that stabilizes us and provides us with quiet inner strength, peace, and love.

## **Dear Friends,**

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

The current times present an unstable landscape - one moment life seems normal, the next, everything collapses. The turbulent events at a global level have made life fragile, random, and unpredictable. There's no time to process the last incident before we are hit with the next one!

And yet, we keep going. We try to hold on to small moments of peace such as a quiet walk,

a good song, a party with loved ones. Anything that reminds us that life still exists in the space between the breaking news episodes.

We may not be able to control the world around us, but we can choose how we navigate through it.

Experiencing peace, love, stability and protection is feasible even in these times! The only solution is to acknowledge, accept, and embrace the 'Divine Will'. There is a higher governing force above all, the Creator of life on this planet and the only saviour! The sooner

we kneel to His all-pervading compassionate presence, the faster will be our preparation to be a part of the coming Divine Age! The simplest reason for the rational mind to understand this is that when our birth and death are not in our control, when our body organs are operating on their own, how can we ever claim to own or control anything? Everything belongs to the Divine and all is in His control. We can only submit to His will.

*Peace lies in surrender!*

The cultivation of 'Sharanagati'- a profound state of surrender and trust in the Divine, far from being a passive resignation, is an active bond of love and faith in the Divine. A toddler laughs and enjoys being tossed in the air, for he knows he will soon land in the protection of his father's strong arms. A mother's profound love manifests in her willingness to tirelessly care for her new born even amidst the challenges of sleepless nights. These human relationships mirror the real bond of love and protection of the Divine which is an experience of a manifold intense loving union!

*In surrender, we act from the infinite energy of love, trust and universal wellbeing.*

Once, the gopis asked the bamboo to share the secret why their beloved Lord Krishna treasured His flute (made of bamboo wood) so much and never parted with it. The bamboo said, "the secret is that I gave myself up to Krishna. He does whatever and however He wants with me. I have just become His instrument." This is Surrender! Hence the famous saying, "When the Lord beholds an empty bamboo, it becomes music."

*In the state of surrender, the Divine nurtures our qualities and expresses through us in full glory.*

Guru Samarth Ramdas guided His disciple Shivaji Maharaj, who once tired of fighting battles came to surrender his kingdom at the lotus feet of his Guru. Even before he could walk away, Guru Ramdas asked him to administer his kingdom on "His behalf as His representative", and thus Shivaji ruled, surrendering personal ambition in favor of the Higher cause and the establishment of a just and righteous rule.

*Far above personal ambition, surrender ensures the fulfillment of a higher purpose.*

Some people rarely wake up early enough to see the sun rising and yet there are others who do that every day to bask in the glory of the rising sun. The Divine, like the sun, continues to radiate and offer its brightness and warmth to all, the choice is ours to wake up and embrace that radiant blessing!

Surrendering to Him means to receive His blessings in each moment of life. Calmly accept everything that happens to us as an opportunity for spiritual growth. *Surrender is a higher state, responding to life in a manner that uplifts one into a space of peace and natural flow with the rhythm of life.*

The Supreme waits for our surrender to Him but does not impose it. We are free at every moment, till the irrevocable spiritual transformation comes, when there is no other way but to let the Divine to lead the way!

*The state of surrender is always bestowed upon us through Divine benediction!* Time is ripe and right for that moment of benediction for the human race!

The time has come to acknowledge that the Divine is an omnipresent, all-powerful presence governing this entire Universe (Brahmaand), and that there is no point in





discussing, debating, or attempting to understand Him. He is the Creator and He is the owner of all! It is fruitless to attempt to control situations or claim anything as ours. He is the doer, and His Will is Supreme!

*Maitreya Dadashreeji shares, The Divine has taken complete charge of our planet! He knows best! We can neither understand nor direct the Divine!*

Do we truly seek a resolution for the current world crisis? For our misled and misdirected lives? Then the only solution is submission to Divine Will!

Maitreya Dadashreeji shares, "The time has come when the Divine has taken a stand. The Divine has decided this world should become

ONE! No selfish act will be entertained. Any wrong act will be punished by Nature. So, follow the path of love and selfless service."

Whether we accept or not, the Divine decision is done, Nature will now simply execute the decision and one will be left with no choice but to flow or perish!

*On the auspicious occasion of  
Gurupurnimaa on 10th July,  
let us seek refuge in His Will!*

*He is in this moment!  
His is in the Now!  
Only HIM!*

***Maitreya Dadashreeji Sharanam!***



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.





# *The Importance of Surrender– The Vedic perspective*

*Mitr Sut* shares the importance of Surrender to the Divine and Guru as shared in our Vedas and Upanishads.

**Seeker:**

How do our Vedas- Upanishads reflect on the sacred act of Surrender?

In a world that celebrates control, dominance, and self-assertion, *surrender* is often misunderstood. To many, it seems like defeat—something passive, or even weak. But in the realm of the Spirit, surrender is not the end of strength—it is the *awakening of true power*.

Surrender in its purest form is *not an act of giving up*, but a conscious act of *letting go*. It is the release of resistance. It is the quiet wisdom of the heart that whispers: “I no longer want to be led by fear, control, or ego. I wish to flow with the higher Will of the Divine.”

Surrender is allowing a higher force to work through you. It is when the Divine Will becomes your will.

## **Understanding the journey of Surrender**

We spend so much of our lives trying to control outcomes grasping at desires, resisting pain, attaching meaning to gain and loss. But slowly, the journey matures. Life begins to reveal itself as a flow, not a force. We realise that clinging leads to suffering. So, as we grow, we learn to let go and flow. This is the beginning of surrender. Love is the most powerful force that helps you surrender, and when that love is for the Divine, surrender comes easy and life flows like a river.

What undeniably helps in walking the path of surrender is to have a guide, Guru, Master, or a strong connect with any Divine form. It is this very connection which carries us

through the challenges of life. In such difficult situations, when you have tried everything to resolve the problem without any success, let go of the struggle to influence the outcome and give it to Him, your Divine Guide or Master. In the surrender (to the Divine) is the resolution. Let go, believe in the higher power and He will guide you through the difficult situation in His infinite wisdom.

It is here that *śaranāgati* - the surrender to the Divine or the Guru-begins.

### Surrender is Bhakti/Devotion.

“यस्य देवे परा भक्तिः यथा देवे तथा गुरौ । तस्यैते  
कथिता ह्यर्थाः प्रकाशन्ते महात्मनः ॥”  
(Śvetāśvatara Upanishad 6.23) “

#### Meaning:

For the one who has supreme devotion to God, and equal devotion to the Guru, all the truths of the scriptures reveal themselves.”

This is not just poetic—it is experiential. Without surrender, knowledge remains theory. With surrender, it becomes a *living truth*.

### The Guru-Anchor of Surrender

In the spiritual path, the *Guru* is not merely a teacher. The Guru is the embodiment of Divine wisdom and unconditional love. The one who reflects your true Self back to you. Surrender to the Guru does not mean blind following—it means trusting that there exists a higher vision that sees far beyond the limited perception of the mind.

In Vedanta, the ego is often likened to a cloud that blocks the sun. The Guru does not remove the sun—He removes the cloud.

“गुरुब्रह्मा गुरुरविष्णुः गुरुदेवो महेश्वरः । गुरुः साक्षात् परं  
ब्रह्म तस्मै श्रीगुरवे नमः ॥”

*“Guru is Brahma, Vishnu, and Maheshwara  
Guru is verily the Supreme Brahman. I bow  
down to that Guru.”*

#### Meaning:

Surrender to such a one is not dependency it is liberation.

गुरुचरणाम्बुज निर्भर भक्तः, संसारादचिराद्भव मुक्तः ।  
सेन्द्रियमानस नियमादेवं, द्रक्ष्यसि निज हृदयस्थं  
देवम् ॥३१॥ \_भज गोविन्दम्

#### Meaning:

Be devoted and take solace only at the lotus feet of your Guru and get salvation from this world. Through this, along with disciplined senses and mind, you experience the indwelling Lord in your heart ! ॥31॥ Bhaja Govindam

The Ved–Upanishads are replete with insights on this sacred act of surrender. It is not a ritual. It is a STATE of being. The seeker, upon realizing the limitations of the ego and intellect, naturally bows to That which is infinite, eternal, and all-knowing

“श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः । ज्ञानं लब्ध्वा  
परां शान्तिमचिरेणाधिगच्छति ॥”  
(Bhagavad Gītā 4.39)

“The one who has faith, is devoted, and has mastery over senses, attains knowledge. And having attained knowledge, he quickly reaches supreme peace.”

But this faith (*śhraddhā*) is born from surrender. Without letting go of our preconceived notions, pride, and fears, the knowledge of the Self remains out of reach.



## Grow by Asking

I remember my own journey. For years, I was a seeker. I searched through scriptures, sciences, temples, and thoughts. But something always felt incomplete. Until one day, I came into the loving presence of Prem Avataar Maitreya Dadashreeji. It was a moment of transformation to be in His presence and I felt "I have arrived". Walking the spiritual path with Dadashreeji's guidance and blessings bestows so much on the seeker that the process of surrender is automatically triggered. In His presence, surrender is not demanded. It happens effortlessly. Questions are quieted. And the ego slowly begins to melt—not out of fear, but in the warmth of unconditional Divine Love. But this journey is long, with ups and downs as the 'self' ego is

very strong and keeps popping up. Over a period of time, you realise that surrender will not come wilfully to you!

It's only by His Will that complete surrender can happen, and you can only pray for it. As Maitreya Dadashreeji says, "Simply surrender to His Will. Ask nothing in return and experience the shower of Grace in your life."

So, this Guru Purnima...let us bow in deep reverence at the lotus feet of our Divine, not out of ritual, but out of love and pray for that surrender, to live life fully, joyfully, to experience freedom and the highest state.



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





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

*Dr. Sreelatha Shetty* shares the essential guidelines to maintain good health this rainy season.

According to Ayurveda, the dosha (regulatory functional factors of the body) and ritu (season) are interlinked. Health is affected by climate as the external environment influences the body. For example, when the air is damp and cold, it triggers similar conditions in the body leading to aggravation of the kapha dosha (dosha responsible for regulating body fluids and keeping the body constituents cohesive) which has similar qualities. Hence there is an increase in mucous, catarrh, and colds in winter. Various environmental factors like temperature, humidity, wind, rain, clouds, atmospheric pressure, and sunlight affect an individual's health. Seasons keep changing every few months and we need to adjust and adapt to these changes quickly. Ritucharya is

the observance of diet and regimen according to the seasonal changes.

Varsha Ritu (Rainy Season) follows Grishma ritu (summer season). The rainy season, or monsoon, offers a welcome respite from the intense heat, turning the world into a blissful green. However, it also brings its own set of challenges and risks as lack of sunshine and a cloudy atmosphere is non-congenial to health.

The rainy season (Varsha Ritu) is a time when the body's digestion and immune system can be particularly vulnerable. The increased moisture and humidity can disrupt the balance of the dosha (regulatory functional

# Traditional Remedies & Integrated Medicine

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

## 1. Food (Aahara)

**Foods to Eat:** Since digestion is weaker during this season, one should focus on foods and practices that strengthen Agni (digestive fire). Warm, light, and easily digestible foods like soups, steamed vegetables, and well-cooked grains are ideal. Eat freshly cooked meals. Include spices like ginger, black pepper, cumin, coriander and turmeric to aid digestion and boost immunity.

- Drink boiled or purified water to avoid waterborne diseases. Avoid consuming too much water at once; instead, drink small quantities throughout the day.
- Warm herbal teas (e.g., ginger, mint, or tulsi) can help maintain body warmth and aid digestion.
- Use cow ghee or sesame oil moderately to pacify the Vata dosha and nourish the tissues.
- Always eat less than full capacity to aid digestion during low agni (Digestive fire).

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

- Avoid cold foods and drinks as they can aggravate the Kapha dosha (dosha responsible for regulating body fluids and keeping the body constituents cohesive) and weaken digestion.
- Avoid heavy, oily, and fried foods that can burden the digestive system.

- Minimize the consumption of dairy products, especially those that are heavy and difficult to digest like cheese and cream.
- Avoid unpurified water from any source, including rivers, wells, unless it has been boiled.
- Don't consume food that has been left uncovered, as it can attract flies and other insects.
- Avoid stale or fermented foods as it leads to indigestion.

## 2. Lifestyle (Vihara)

- Clothing: Wear clean, dry, and warm clothes. Avoid getting wet in the rain as it can cause cold and infections.
- Environment: Keep the living environment dry and warm. Keep your surroundings clean to prevent mosquito breeding.
- Exercise: Since outdoor activities aren't possible, it's important to take special care to include indoor physical exercises. Avoid strenuous physical activities that can strain the body. Overexertion can weaken the body and increase susceptibility to illnesses. Opt for moderate physical activities instead like yoga and walking or light stretching exercises to keep the body active.
- Ensure you get adequate sleep to rejuvenate your body and mind.
- Perform a self-massage (Abhyanga) with warm oil, preferably sesame or mustard or coconut oil, to improve circulation, remove toxins, strengthen the immune system and balance the Vata dosha.
- Nasya (nasal drops of oil) with Anu Taila can help protect against respiratory infections. 1-2 drops of oil can be instilled into each

## Traditional Remedies & Integrated Medicine

nostril once or twice daily.

- Bathing: Use warm water for bathing.
- Foot care – Since the feet often get wet, it's crucial—especially for diabetics—to practice proper foot care. Whenever your feet get wet, make sure to dry them immediately.
- Avoid - Sleeping during the day can disrupt the digestive process and lead to a buildup of Kapha dosha, resulting in lethargy and sluggishness.
- Avoid getting wet in the rain to prevent colds and other Vata-related disorders.
- If you do get wet, change into dry clothes immediately to avoid catching a chill.
- Avoid excessive physical exertion that can deplete energy reserves and increase the Vata dosha.
- Maintain a regular sleep schedule.
- Stay away from cold, damp places as they can increase Vata and Kapha imbalances, leading to respiratory and joint issues. Avoid walking through or coming into contact with stagnant water to prevent infections and diseases like fungal infections, etc.
- Those prone to joint pain and arthritis should avoid sitting or lying directly on the floor. Direct skin contact with a cold surface can increase Vata, potentially worsening the pain.

### 3. Common Ayurvedic Remedies for Rainy Season induced diseases

During the rainy season, respiratory system disorders such as colds, coughs, and throat infections are quite common. Therefore, as soon as symptoms begin, utilizing simple

home remedies can alleviate the body's condition.

- Trikatu Powder:** Equal quantities of ginger, black pepper, and long pepper is taken orally half to 1 teaspoon mixed with honey twice daily. It will aid in reducing respiratory infections while also promoting digestion and metabolism.
- Turmeric Milk:** Daily intake of Warm milk with ½ tsp of turmeric will boost immunity and prevent infections. Gargle with warm turmeric powder mixed with water 2-3 times a day to relieve a sore throat.
- Ginger:** ¼ tsp of ginger powder with jaggery thrice a day or 10ml. decoction prepared from a piece of ginger taken every morning prevents recurrent attacks of cold.
- Decoction:** Warm decoction of jeera (cumin), Dhania (Coriander seeds), Haldi (turmeric), Methi powder (fenugreek) and little black pepper taken with honey two to three times helps to reduce cold, cough and improves appetite.
- Holy basil (Tulsi):** 5-10 ml of tulsi juice twice or thrice a day with honey.
- Indian gooseberry (Amla):** To control a cold, take two to three teaspoons (10-15 ml) of fresh Amla juice or half to one teaspoon (2.5-5 grams) of Amla powder with water early morning on an empty stomach.
- To relieve a stuffed nose,** inhale steam by adding a few drops of eucalyptus oil to a bowl of hot water. Cover your head and the bowl with a towel for a few minutes at a time. Ensure the water isn't too hot to avoid burning your face with the steam.
- Yashtimadhu (licorice) powder** – ½ to 1





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tsp of this powder with honey two times a day helps to reduce cold, cough.

### 4. Skin and foot care

Monsoon often brings specific skin challenges like fungal infections, rashes, and boils due to increased humidity and dampness. Keep the skin dry and clean by using antibacterial or herbal bath powders such as Triphala, neem, or gram flour with turmeric, instead of chemical soaps. Avoid damp clothes and footwear. Wear dry cotton fabrics, change socks daily, and opt for open footwear when possible. Avoid abhyanga (oil massage) in cases of active fungal infections or open wounds. Bathe with water boiled with neem leaves, and apply neem oil or paste for its strong antiseptic and antifungal properties. For minor skin irritations or fungal spots, a simple turmeric and water paste is beneficial. Use natural absorbent powders containing neem or sandalwood to keep skin folds dry and prevent chafing or fungal growth.

### 5. Mosquito Management and

**Disease Prevention-** Keep surroundings clean to prevent mosquito breeding, including emptying stagnant water.

#### *Natural Repellents:*

**Neem Oil:** Apply diluted neem oil on exposed skin as a natural repellent.

**Herbal Fumigation/Dhoop:** Use herbal dhoop

(guggulu, neem leaves) to repel insects.

**Essential Oils:** Use essential oils like lemongrass, or eucalyptus, or applying a diluted mixture on clothes.

### Mental Well-being in Monsoon

The lack of sunlight and often gloomy weather can affect your mood. Ayurveda considers mental well-being crucial for overall health. Have a regular routine to avoid sluggishness. Incorporate bright colors in clothing or surroundings, and ensuring adequate indoor lighting. Do simple breathing exercises (Pranayama) or meditation to calm the mind.

Ayurveda teaches us to live in tune with nature. Varsha Ritu, though damp and unpredictable, can be a time of cleansing and renewal if approached with awareness. By following seasonal routines (Ritucharya), diet, and lifestyle practices suited for this season, we can fortify our health and prevent seasonal disorders.



**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.

## *Broccoli & Blessings: A soup even the Divine smiles at*

Maitreyi Aparna Dedhia shares the simple yet soul-soothing recipe of Broccoli soup!



When rains unleash, petrichor stirs cravings—chai and pakora dreams. But for health seekers, steaming bowls of soup comfort under grey, relentless skies. Broccoli soup, vibrant green like the rain-soaked earth, warms my gut's core—fuzzy comfort spreading, wrapping my whole being in an earthy, soothing embrace.

Simple, scrappy, and soul-soothing—this recipe is kitchen alchemy made in under 30 minutes.

### Ingredients:

- One rugged broccoli
- Two sharp onions
- A few garlic pods
- Coriander stems we nearly trash
- 10–12 peeled, blanched almonds.

Broccoli is the star of my creamy, healthy vegan soup. No butter, no milk, no cream—just pure plant power.

## Mindful Morsels

The taste? Well, you've got to try it to believe it!

Start with a pan heated with olive oil. Toss in chopped garlic and onions, and sauté until they blush pink, releasing their aroma.

Now, add those coriander stalks we usually toss in the garbage bin—the hidden gems that pack a punch of flavour.

Next, in go soaked, peeled almonds, the secret to that silky creaminess without any dairy. Then, add in the washed broccoli along with a pinch of salt. Give it all a good mix, then pour in about a litre of water. Turn the flame low, cover the pan, and let it simmer for 7 to 8 minutes, allowing the broccoli to soften and soak up the flavours.

Once cooked, switch off the heat and strain the mixture, letting it cool just enough. Don't throw away that water—it's full of nutrients and flavour, essential for the soup's body. Once cooled, grind everything into a smooth blend. Strain it again to get that ultra-creamy texture. Pour the silky soup back into the pan, heat it gently for 2-3 minutes, and finish with a grind of black pepper to elevate the taste.

There you have it—a delicious, creamy, and super healthy broccoli soup, ready to warm your soul on rainy days. Simple, wholesome, and packed with green goodness.

As I ladle the steaming green velvet into bowls—sometimes with a pesto sandwich, sometimes with homemade tikkis crackling from a shallow fry—I always set aside one serving.

For my Divine Friend, Maitreya Dadashreeji. It may sound strange, but I'm not joking when I say—He smiles back. Every time. I feel it. A silent blessing poured into the soup.

And that's when I know—what pleases the Divine, nourishes me too.

This isn't just soup. It's sacred, stirred with intention, offered in love, and taken in with gratitude. A ritual of warmth. A reminder that what heals the spirit, also strengthens the gut. That's my broccoli soup recipe. Simple, soulful, sanctified.

Aparna Dedhia.



## Microgreens

In this article *Nishigandha Ji* shares the importance of microgreens in our diet!



### What are micro greens?

Exactly what the name suggests. Tiny green leaves.

### Why are they important?

With the declining quality of the soil ( thanks to the use of fertilizers and pesticides) our vegetables and fruits do not have the requisite nutrients needed in a healthy diet. Some studies show that we get only half the nutrients our parents got from the same vegetable or fruit. We obviously can't eat double! But we can find alternatives for more compact, highly nutrient-rich additions to our diet. Microgreens are packed with antioxidants and nutrients.

### How to make microgreens?

It is very simple to make microgreens at home. It's just like making sprouts and a step ahead to let the seeds grow their first leaves.

### Which seeds to use?

Unlike sprouts where we use only dicot

seeds (moong, chhole, chana), for micro greens we can use any good quality organic seeds like radish, beet, mustard.

### Process

Simple, soak the seeds in water for a few hours. After the seeds have had their fill, drain the excess water. The seeds will need a dark, warm place to sprout. Take a flat tray with holes to drain out excess water. Or line with cloth or old newspaper so that the water doesn't gather. Then all you do is wait and watch.

Watch the tiny roots coming out first. Then a stem will stand up and then tiny leaves will appear in 7 to 10 days.

You must keep a watch at least once a day to make sure that the bed is not too wet or too dry. Spray water (do not pour) as the seedlings are physically not strong enough to handle the weight of water.

Excess, stagnant water can cause rot or fungal growth which means you will waste the lot.

## The Conscious Cosmos

### Do you not need soil?

Microgreens can be easily grown in soil if you have access to good, clean soil. But these seeds are using the nutrients packed in them to grow those beautiful first leaves and do not need any nutrients from the soil. So, they don't really need the soil.

If you have access to soil you can line the tray with an inch of soil. It's optional!

### How to harvest?

Simply chop the stems near the roots with a pair of scissors

### How to use them?

Please do not kill the nutrients by cooking. You can add them to your salads or as a topping/ garnish to all your vegetables/ daals/ curries/ pulaos, anything.

### Why not just buy it off the shelf?

Microgreens need to be used fresh. They lose their vitality fairly quickly, in as early as 24 hours. So its best to grow them at home and cut them just before the meal. Another thing to know is that the seeds pack nutrients only for their initial growth, so you can't keep chopping off the microgreens and expect them to grow again. It means that you have to change the seeds for the next lot. It also means that you can use seven small trays and put in seeds everyday if you want microgreens in your daily diet. You will enjoy the colour and fresh crispiness it adds to your meals. The flavour it gives, depending on the seeds. Your senses and internal body will be happy too!

*Happy growing microgreens!*



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



## Tales of Transformation

How Maitreya Dadashreeji Shapes and Guides my Everyday Life



MITRA YOGESHWAR

*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.*

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 Mitra Yogeshwar Ji.*

*Yogeshwar Suryawanshi ji was born and raised in Latur, Maharashtra in India. He holds a distinguished academic record with double master's degrees from Ivy League universities in the USA like MIT, Harvard, and Stanford. Having lived and worked in several countries for 20 years as an entrepreneur, management consultant and corporate leader, he settled in Canada with his family. He runs his own consulting business in the domain of supply chain management, logistics and business transformation. Despite the exposure and accomplishment, he found himself looking for something more and this is the story of that phase of his life.*

### Where and how did you awaken to spirituality?

My father was a follower of Vivekananda ji, and the Ramakrishna Mission, practiced yoga sadhana and he shaped my thinking on spirituality as my first Guru.

Since childhood, I was curious about the spiritual side of life, practiced meditation but when I moved to the US in 2004, spiritual exploration took a backseat. It was in 2020, when I lost my father that I again felt the urge of seeking and of transformation. In that phase, I spent a lot of time in my hometown in India taking care of my father and that perhaps provided me with a different perspective about what really drives my life.

Having achieved every material success, I still felt empty within and helpless, despite having all the resources at my disposal. I thought that with all the resources at my disposal I could not help my father to recover and that there must be more to life than engaging in a material rat race. I felt I needed to pause and look at my life carefully. So, in the year after my father's passing, I undertook several pilgrimages across the length and breadth of India, looking for answers.

### And what was the seeking? What was the search for?

I was seeking answers to fundamental questions of life and something beyond the answers - the source of everything, and where would I get all this, who will give them to me.

In that process I would say, the pilgrimage that I was doing outside was also happening within



MaitriBodh



## Tales of Transformation

me. And I was learning about myself. What I thought of myself versus what I am in reality? What is the right way to live life? I could see that gap in understanding was getting bigger and bigger.

Such questions didn't allow me to sleep. I practiced various sadhanas intensely. I could gather a lot of information and knowledge, but I could never experience it, and it was the experience of somebody else that I was reading in the Vedas and Upanishads. Where was my own experience of the truth that's been talked about? And how could I have it?

That journey of sadhana and exploration continued for 3 years.

### How did that turn?

In 2022 followed a strong inner calling and a previously unfulfilled desire to visit Mount Kailash. I felt there was a message there for me. So, there I was in Nepal, August 31st, 2022, at exactly 12:30 pm, and I was facing the south face of Mount Kailash, which Ravana had climbed to meet Lord Shiva.

I was just looking at it with a still mind like the sky that was clear and blue. I was just there, and in that stillness on the top of Mount Kailash, there was a flash, and I had the darshan of Shirdi Saibaba! And just before I could process that incident, another face appeared at the top of Mount Kailash, and I looked at it clearly for a few seconds - I could see the face, but I could not make sense of it. Who was that? Why is He here at the top of Mount Kailash; it stirred something within me.

I was in tears, in deep gratitude for the love and affection behind this experience. The first face I knew (of Shirdi Saibaba) and the second one I did not, but I was grateful for that blessing. I thought my trip was worth it. I was in a blissful state.

After my return from there, I kept seeking as to who that second being was and it lingered in my mind for about a month, and after that it faded away. I got into the day-to-day life, and with time I think I forgot about that incident.

I understood it almost about 18 months after that incident. Let me share...

### This is fascinating. Please go on...

So, sometime in September 2023, I had a random message on my WhatsApp about a Havan process and if I would like to participate. It was strange, but out of curiosity, I went ahead and responded.

Subsequently there arose another opportunity to participate in a Havan, this time in person, and so, in October I arrived at the Shantikshetra Premgiri Ashram in Karjat.

The place was beautiful, and I could not understand the Havan process, but I could very clearly feel the presence of Lord Dattatreya, and the goddess Mahakali during Havan. I stayed there for that night. I had a very peaceful sleep. I was energized. I observed the experiences of people at Shaktipeetham, crying while looking at an image that was unknown to me, and I just could not understand it. I felt judgmental about it, but in a few months, I had some learning about it which I will share later.

The next day I met someone who told me about the Bodh sessions. I hesitated as I was not seeking another technique, what I was seeking was the supreme experience where the seeking stops... so I left the Ashram.

As it unfolded, sevaks from the Ashram reached out and shared about an opportunity for Divine Darshan at the Ashram. I was confused and hesitant about adding more techniques to my spiritual experiences, and then within a week I received a video of Maitreya Dadashreeji. In that video Dadashreeji said, 'I am just your



friend, and anybody can come and meet a friend. You can continue believing who you believe, you can continue worshiping who you worship. I'm not a Guru or Baba, or Maharaj, but you can still come to me. Anybody can come to see their friend'.

So that's how I decided to visit the Ashram again to meet the Maitreya as a friend. I had a blissful Darshan of the Maitreya, and then I continued to engage with different events at the Ashram.

### How did the journey intensify for you?

I said to myself if the Divine was trying to come to me, teach me something, I need not be rigid about the methods and the techniques of how He wants to teach because I'm nobody in that realm. So, I signed up for Spiritual Week with the Bodh series.

It was blissful as the vibrations at the ashram felt like it was at Mount Kailash and I was happily flowing. But I noticed that many of the nearly 100 people in the room were having experiences which I was not. Either these people were hallucinating, or I was not deserving, both ways – I was unhappy. On the last day, before I went to bed, I prayed to Dadashreeji, 'It is a waste of money and time for me here and I am not happy with you. If you are really listening to my prayer, then give me what I am seeking.'

Lo and behold, the next afternoon, the session conductor asked people who had not had any experience to raise their hand. I raised both! I was advised to become empty from within and to sincerely pray to Dadashreeji before the next process to give me the experience. With humility and folded hands, I prayed. And then it happened, in that process it felt like something entered my nose, something that I cannot explain, some charge, some spark, something entered it went to the forehead between my brows which slowly spread.

I could feel it like a physical, tangible experience. Yet it was so subtle as it spread, and slowly my thoughts disappeared. It was complete, void and stillness. I could feel every cell in my body fully charged like I had never felt before. I was in an ecstatic, blissful state. I was shaking and then suddenly I lost sensation of my body. I found myself in another place called Charan Paduka behind Badrinath temple. It is said that those Padukas are of Lord Vishnu, and that when He left his physical body, He had given his Padukas to His devotee, Uddhava to establish them for guiding mankind in the future.

Dadashreeji was there, smiling and He told me that those were His padukas and then suddenly He transformed into his Char-Bhuja form of Vishnu and while still smiling He transformed into Shiva, and then, after a few minutes He was gone, and what remained was white and golden light.

It was infinite, blissful, only energy and light and no sense of body or mind, the experience of being limitless. I do not know how long I was in that state but I know I had been 'transported' somewhere I could not comprehend.

### That sounds electrifying! Did it change everything?

Well, I still had my questions. To be honest, I did not accept it. I thought it was my mind acting up. But a strange thing happened after that. For three continuous weeks, tears were rolling down my cheeks for no reason. I could not explain it, and my Mom used to look at me and wonder what was wrong. There was no reason, but it was some deep love, peace, compassion.

I still felt stuck, and I was often testing the Divine Light, which I now feel very bad about. I was not content or happy with these experiences. This was because Dadashreeji was not physically present in any of the experiences I have had. So that part was incomplete for me. I wanted to trust only Him – His presence and His words.

## So, when, and how did that happen?

Well, after doing Bodh 4, I went for the Saat Din - Saat Sadhana program. In that one week a lot happened that changed and shaped my life. It also answered a lot of questions, including some mystical experiences.

I had no thoughts in my mind, but I blurted out the following: 'All these years in my life I had that yearning within me to be in holy association with some Divine form. Maybe I wasn't there physically with Rama, Krishna, Buddha, Ramakrishna Parmahansa. I'm grateful and honored that you have allowed me and others here in the room to be in your association'. And at that moment, it suddenly came to me in a flash... the incident that happened at Mount Kailash about 18 months ago, and now I could clearly see the second image whose vision I had had, sitting right there in front of me. I was stunned, and I asked Dada – I had two darshans, one of Shirdi Sai Baba and the second one was of You, wasn't it? And if it was you, please reveal yourself. Who are you?" That was my unplanned question, that's where life changed for me for good. It was a turning point in my entire life journey. Dadashreeji spoke for 15 minutes after that.

Who are you? It was my question, and I had even asked if he was Narayana because my heart was telling me clearly. Maitreya Dadashreeji said, 'Yes, I am, and I am the only incarnation on this planet right now. All the gurus of past and present are working with me in this journey of transforming humanity. There is nobody who will come after me. You may go to any place, but you will have to come back. This is the dead end for you. All of you have had signed a contract with me. It's time to fulfill that contract. You signed a contract before you took birth, and events are going to happen between 2025 to 2032. This is the last chance for humanity. You think you chose to be here. But the fact is, you have been called. Everything that happens in your life is Divine Will.'

His response stirred something within me and shaped my journey. And He said to me, in one sentence, "I have already revealed to you who I am. Why are you asking me again?"

That stunned me and stopped my seeking.

## What would you want the world to understand about Maitreya Dadashreeji?

To a seeker, I would say that if you want to experience the Divine and the Divinity within yourself, as well as manifest it, then certainly come. Please meet the Divine Friend Maitreya Dadashreeji. He has transformed my life, and I wish and pray that everybody has an opportunity of coming in contact and association with our dear friend Maitreya Dadashreeji.

He is not a Guru, Baba, Maharaj, but he is our Divine Friend that we can trust and rely upon in any situation, place, or time. He guides us, protects us, and teaches us in general about every aspect of life, whether material, spiritual, financial or any other form of help, assistance one may need in their life.

To me, Maitreya Dadashreeji is a form of Divinity manifested on this planet to help us spread the message of love, peace, and transformation and establish One World, One Family, One Truth, so that we happily coexist and enjoy this beautiful world.

He is an epitome of love, peace, and compassion. Just by being in His presence, anybody can experience that truth effortlessly.

I would specifically tell everyone to have the Divine Light (a blessed and awakened image of Maitreya Dadashreeji), that will protect and guide them in the times to come.





## *Dada Leela!*

When I visited the ashram for the first time ever on 1st January 2025, I was told by friends that Dada would not be in the ashram but that I would definitely feel His energy there. My heart continually told me that Dada is with us, and I will meet Him. With luck and His Grace, Dada suddenly came to the ashram that day and I was blessed to meet Him as well! I cried tears of joy upon meeting my Divine, seeing Him as Vishnu swaroop! The moment is etched in my heart!

Later that month, my maid was diagnosed with cancer of the tongue. The news saddened me, and I decided to share a digital Divine Light with her on her phone and asked her to pray to Him. I prayed as well to Dada for her recovery. Next month she went for a follow-up visit to the hospital and upon testing her reports were negative for cancer! Dada leela!

Subsequently, I completed my second Bodh at the ashram, and I feel reborn in every sense as life has turned in the most wonderful way for me! Even my 12 year-old son said he feels free of any stress and has planned to read Dada's book in the summer vacation.

It is all His Grace! Thank you, Dadashreeji!



MADHURI KHOR



## *Faith Carried Me*

*A story of surrender, strength, and Divine Grace.*

### *A New Beginning*

After nearly a decade in the U.S., I had to leave due to visa issues. In February 2023, I got married, but couldn't return. My husband went back alone, and we were separated. No clarity. No timeline. I struggled—mentally, emotionally, spiritually wondering why I was in India.

Over time, a shift happened within. As I

accepted the phase, things began to change. That's when I met Maitreya Dadashreeji my Divine Friend. I didn't know why I was so drawn to Him, but I began offering seva on a regular basis with the MaitriBodh Parivaar.

Through service, I began rediscovering myself. I felt Divine love not as a concept, but as a presence. For the first time, I didn't just believe

# Devotees' Experience

in God I had a bond, a friendship. He showed me that the presence I sought outside, was within all along.

I found peace. I found purpose. And just when I felt whole again, I returned to the U.S. in April 2024 hopeful, grateful, grounded.

I didn't know life was about to test the very faith I had just discovered. That first week was filled with unpacking and settling in. By the weekend, I was finally feeling at home again. I was waiting for my husband to return when I realized he was unusually late. My heart stirred with unease.

*And then came the call.*

"Your husband has been in an accident. He's in the hospital."

*Thrown Into the Unknown*

I rushed out, heart pounding. I didn't know what I was walking into. When I saw him bruised, swollen, unrecognizable my breath caught. No family, no plan. Just me alone, in a country I'd only just returned to.

I couldn't breathe. A kind nurse took me outside and offered a hug. Before I could process, doctors rushed in. His injuries were severe, he was bleeding heavily, jaw broken. He'd need multiple surgeries and would be moved to the ICU.

I didn't know then he wouldn't be able to walk, speak, or eat solid food for months.

*Guided by the Divine*

Though physically present signing forms, making decisions I could feel something greater take over. I wasn't alone. Maitreya Dadashreeji had taken over the reins.

That night, I didn't sleep. A nurse told me to nap. In that one hour, a miracle happened.



I dreamt of my husband smiling. That vision gave me strength. I surrendered completely. The next day, the nurse said, "If you have a Guru or God, bring their photo." I was stunned this was America. I brought my Divine Light, my husband's, and photos of Ma, Ganpatiji, Shivji, Mahavatar Babaji. His room became sacred.

Support poured in. I reached out to people I hadn't spoken to in years. Meals, prayers, love everything arrived. I never ate alone. I was being carried.

I often felt I was watching myself from outside my own body watching the Divine act through me. We think "I" am doing. But I realized "I" doesn't exist. It's always the Divine.

Before surgery, I offered Divine Light to the surgeon. He accepted it. Afterward, he smiled and said, "This guy came in very handy brought in some positive vibes."

## Devotees' Experience

*Another doctor said in Hindi,  
"He's lucky. God saved him."*

It wasn't just the doctors. It was Dadashreeji working through them.

*Anchored in Faith*

People later asked me, "Did your faith ever shake?"

I smiled. No. It grew stronger. From day one, I felt held. Supported. Protected. Dadashreeji showed me this was just an experience. And it passed.

*Lessons That Stayed with Me*

The Divine lives in people. Every soul who helped us with food, love, time, or prayers was the Divine in action.

Life is a flow of experiences. The more we resist, the harder they feel. The more we trust, the lighter they become.

Faith moves mountains. Even faith the size of a mustard seed can carry you through the darkest of days. And mine did.

*One Year Later*

My husband is healed back on his feet, playing soccer, smiling, living.

If that's not a miracle, I don't know what is.

Our heart has space for only one. I chose faith. What will you choose?

MAULIKA GUPTA



## *The awakening of Divine Light (Jyotishwaroop) within!*

Saat Din Saat Sadhana 2025 was bliss. After returning home from the Ashram, I was missing and craving for the physical presence of Dadashreeji. I would cry for hours yearning for His presence.

It was the second day after I had returned home. It was around 6am, my eyes opened, and the internal chanting of Maitreya was still going on. Then, something strange happened. I felt myself watching from a distance as I 'saw' my body sitting up and start walking to the kitchen. I started pouring water from the kettle into the cup. And, at that very moment it happened. I felt a tremor in my body as my eyes shut down, my entire attention was drawn within. I witnessed a golden light emanating from the centre of my being and moving upwards through my head as it tilted

upwards, my eyes were closed. I was fully aware of what was happening, the cup got placed softly on the platform. I was standing there in that position for some time. I was fully absorbed by the stunning Light. Then, I saw myself sitting in a chair, completely absorbed by the beauty of the Loving Light. I had no sense of time, I didn't know how long I was sitting there.

*In that moment I felt 'Dada' had taken complete charge of my 'Being.'*

Then my body started moving, I didn't know what was going to happen next. I got up from the chair and started moving towards my bedroom. I lay down on the bed and in an instant fell into a deep sleep. I didn't know how much time had passed, my eyes opened, and I



## Devotees' Experiences

sat up in my bed fully refreshed and fully awake. I looked at my Divine Light and asked very lovingly, "Dada, what was that?". He answered in half a sentence,

*" You sing 'Jyoti Rupaya', isn't it..." Koti koti dhanyawad, at Your Lotus Feet, my Prem Swarupa.*

The day started, I was doing all my work but the Light within was shining bright, it was grabbing all my attention. It could be compared to a baby who will not let you look anywhere else and will insist that you look and smile only at it. I had never experienced anything like this before. I was fully consumed by the Light. In the evening I asked my Divine Light, "Dada, what is this experience, I am fully absorbed by the beauty of this Light." He answered, " This is the Maitreya Consciousness ".  
*Oh, wow!*

I shared my experience with Parivaar members and asked them whether Dada had spoken about the Maitreya Consciousness in the past because I would like to read and know more about it. But all of them said that Dada had never spoken about it in the past. Then, on the 18th of May, 2025 in the Buddha Purnima session He spoke about the same Maitreya Consciousness! I just bowed to Him with tears rolling down my eyes thanked Him for His Love.

Dr. KUNTI NAGWEKAR



## *My offering*

Dada,

What can I offer you for all that you have given me? No riches, no words, no grand gestures could ever suffice. But I give you my devotion, my unwavering commitment to walk this path with sincerity. I give you my efforts, however small, to embody the Light you have kindled within me. I give you my promise to share what I have learned, to spread love, to be a reflection (even if only a faint one!) of the love you have shown me.

PANKU SHARMA

## ♥ Surrender

Anyone with belief in God or a version of the Divine through kindness, helping someone, the serenity of Nature, the vastness of the sea, or through practices like meditation, chants, or satsangs would likely have experienced one of these states, even if only briefly.

I recently completed the Saat Din Saat Sadhana program (seven days and seven spiritual practices) with my Divine Friend, Maitreya Dadashreeji. Right now, I find myself in surrender mode allowing Him to plan my day and take me through it. I've been doing this for the past two days, and my productivity has been through the roof. Tasks I had been procrastinating are getting done effortlessly.

Below is my experience of the connection with Dadashreeji over the last 15 days some during the Saat Din course, some while offering seva (selfless service) at the ashram, and others while simply living my routine life at home.

*The how of I have been experiencing the Divine connection*

### 1. Surrender

Everything gets done in minimal time. You move effortlessly from one task to another, and at the end of the day, you look at your checklist, marvelling at how much has been accomplished with ease, without strain. You sleep in peace, finally.

2. Gratitude Here, you feel deeply grateful so full that your heart overflows, bringing tears you can't (and shouldn't) hold back. Let them fall; they are drops of joy.

### 3. Love (The Heart Sings)

My dil goes hmmm... hmmm... hmmm... Need I say more? His mere thought brings a smile, sometimes all day, like a lover lost in Divine romance.



### 4. Bhakti (The Soul Sings)

You want to sing at the top of your voice or dance without a care in the world. "I just want to sing!" Raise your hands in devotion and sway to the music!

### 5. Silence (Flowing Stillness)

Silence, but not silent. In this state, you feel a river of silence flowing through you. The flow represents time itself. Thoughts may arise, just like pebbles touched by the river, but they pass without resistance.

### 6. Giving

At some point, you feel so full that you naturally want to give. You want others to share in your joy. You start letting people go ahead of you in the queue, folding chairs for them, listening deeply, even praying for their happiness. In this state, there are no strangers, no enemies. You are centered, yet your focus is on others.



## Devotees' Experiences

**7. Bliss (Complete, Whole, Limitless)**

Now, this this is pure magic. In this state, you feel you have everything. No lack, no longing not even for material things. You feel a deep sense of abundance, love, peace, and silence simultaneously. It's simply beyond words.

There are no limits. You can experience these states concurrently. The more you surrender,

the more bhakti arises. The more you are in love, the more you want to give.

I sincerely pray that Dadashreeji blesses you with these experiences soon, fully, and abundantly.

Much love, always.

NIKITA GIRIA



## *The Divine Light of Maitreya Dadashreeji is my Brahmastra*

*"A sacred force I turn to, and without fail, it shows me the way."*

But today, I feel compelled to speak about a transformative spiritual process — Devdiksha.

As a priest by profession, immersed in the world of occult sciences, I've traversed many spiritual paths. My entire life has been a quest for truth beyond the seen. Yet, in all my years of seeking, I have never witnessed an initiation as profound as Devdiksha.

India's spiritual lineage spans millennia — its sacred texts are vast, its rituals many. And still, nowhere in that expanse have I encountered anything akin to this.

So, with deep reverence, I offer my gratitude to Maitreya Dadashreeji, whose grace has brought forth this rare and powerful gift in a time when the world most needs it.

Every soul that breathes air, drinks water, beholds the sun, moon, and sky — should receive the blessing of Devdiksha. It is not just a ritual — it is a remembrance of who we truly are.

Let me share one more living truth:  
Divine Light doesn't wait to be called — it simply acts when you need it the most.  
There was a moment in time when everything went still — I was in deep crisis, mentally blank.

The Divine Light was with me — right there in my pocket — but I couldn't even remember it consciously.

And yet...

It worked.

It protected.

It guided.

And it led me safely out of that moment, without me uttering a word.

Chirag Thaker





## *A Tree, a Crash, and a Divine Embrace*



In this heartfelt account, a Mexican devotee shares a powerful personal experience of Divine protection and love. In a critical situation she witnessed what she believes to be a miracle—a reminder that even in chaos, the presence of a Higher Power brings peace and safety. May her words serve as inspiration and reaffirmation of the ever-present care of the Divine.

I would like to share a heart-wrenching experience in which the integrity of my home and family was at stake. However, Dada protected us in a unique and loving way.

The event began when a moving car made a turn to reach a corner—where my house is located. As the driver turned the corner and tried to brake, for some inexplicable reason, he accelerated and headed uncontrollably toward my house. However, he crashed into the thick trunk of a lush Indian laurel tree that stands in front of our home. Our tree absorbed the impact, and the car changed direction and a few meters ahead crashed into a light post, then continued and hit a telephone pole. Both were knocked down. By Divine Grace, our neighbor's car wasn't outside, nor was anyone walking by.

The noise from that unfortunate experience was dreadful. It was an accident with a terrifyingly dangerous potential. Fortunately, the driver was not hurt, however, he was taken to jail after the police intervened.

When we came to understand what had happened and I saw the damage to our laurel tree—injured, but only slightly—the idea took root that our beautiful tree, through Divinity, is a protector of the family. Without that protection, the car could have entered the house, directly into the room of my dear mother, who is bedridden with a terminal illness.

As I recount this, I am moved to understand that the Divine loves us deeply, keeping us safe through the critical situations we may be going through. With this, my belief is reaffirmed that a Great Power protects us and watches over my family's well-being. I wanted to share through this story that Divinity never abandons us. I thank deeply the miracle of Divine Love.

**Beatriz Gómez Villanueva**

## ♥ *My Experience in the United States: A Journey of Discovery*

Living in a foreign land and experiencing the local culture and way of life put her in a unique position to appreciate the two sets of cultures, that of her host country and that of her native land, writes Suman ji. Taking a wholistic perspective based on oneness, Suman ji has beautifully melded the two sets of cultures in her mind leading to a globalist and humanist outlook on life.

It was a long-held desire to visit the famed United States of America, not as a tourist but to live there and experience life beyond the eyes of a traveller. Arriving in the United States was like stepping into a world where everything felt larger than life—the roads stretched endlessly, the buildings touched the skies, and the opportunities seemed infinite. It was a place where discipline met dynamism, where cultures intertwined seamlessly, and where every new experience was a lesson in resilience, independence, and growth. As I navigated through this new world, I found myself both in awe of its many marvels and nostalgic for the warmth of home.

### First Impressions

The sheer scale of the U.S. was overwhelming. Each city had its own distinct rhythm—New York pulsed with restless energy, Chicago seamlessly blended nature with urbanism thanks to its picturesque manmade lakes, and Philadelphia, with its charming postcard-perfect houses, radiated a quaint, old-world charm. The meticulous cleanliness of public spaces, and the sheer organization of daily life left a lasting impression.

### Embracing Self-Reliance

One of the defining traits of American culture that I noticed was the emphasis on self-sufficiency. Independence isn't just encouraged—it's ingrained in daily life. Learning to drive by the time of high school is more than a skill; it's a rite of passage, a step toward adulthood. Young people manage their studies, work part-time jobs, and handle personal responsibilities with remarkable ease, a testament to a system that nurtures resilience from an early age.

American markets cater to this self-sufficiency in fascinating ways. Every store seemed to have an exhaustive selection of products, no matter how small or specific the need. From home improvement kits to DIY car repair tools, everything is designed to empower individuals to do things on their own. While I admired this culture of independence, I found myself missing the ingenious shortcuts and resourceful hacks we use back home in India—where a quick fix and a bit of creative problem-solving go a long way.

### A Culture of Civic Sense and Discipline

One of the most striking of things was the strong sense of civic responsibility. Americans take immense pride in keeping their surroundings clean—whether it's their own backyard or a shared public park. Littering is practically unheard of, and the government ensures that public utilities and roads are impeccably maintained.



## Musings

Driving was another revelation. The discipline on the roads was commendable—strict rules, well-defined lanes, and hefty fines ensured a smooth traffic flow. The absence of incessant honking was a welcome relief, making driving a stress-free experience even for beginners and senior citizens.

### Dignity in Every Profession

Another thing that I liked were the people, whether behind the counters, delivery persons, drivers, joyous and polite and from all age groups. They seemed to enjoy doing whatever their task was. A profound aspect of American society is the deep respect for all forms of work. No job is considered menial, and every worker—whether a cashier, a janitor, or a corporate executive—is treated with dignity. This culture of equality allows students and senior citizens to find employment without stigma, reinforcing the idea that work, in any form, is valuable. Standardized wages provide a basic level of sustenance, making it possible for almost anyone to earn a living and support themselves—a true embodiment of the American Dream.

### Lessons in Life and Longing for Home

Living in the U.S. taught me resilience, adaptability, and the beauty of diversity. I learned to appreciate solitude, embrace change, and grow through every challenge that came my way. Yet, despite all the convenience, structure, and independence, there were things I deeply missed. In India, interdependence isn't seen as a weakness; it is the foundation of strong emotional bonds. Families function as support systems, providing comfort through life's ups and downs. Young mothers and elderly individuals never have to navigate life alone—there's always a helping hand nearby. The sense of togetherness, the spontaneous gatherings, and the warmth of familiar faces was irreplaceable.



Spending time in a foreign land also gave me a renewed perspective on my own country. I began to see India with fresh eyes, appreciating its ancient tradition, beautiful architecture—an incredible blend of the ancient, the traditional, and the new influences brought in by those who arrived and became part of India's diverse cultural fabric. This seamless mix of heritage and evolution, of history and modernity, made me admire my country even more. And of course, there was the food! No matter how many Indian restaurants I visited, nothing could quite match the flavour of home-cooked meals infused with love and tradition.

The United States looks very beautiful and very modern. And my India looks like a gracious, vibrant grandmother, full of endless stories, wise, and mesmerising.

Looking back, my time in the U.S. was a transformative journey. It expanded my worldview, strengthened my independence, and instilled in me a deep appreciation for the American and Indian cultures. While I embraced the discipline, order, and opportunities that the U.S. offered, I also came to cherish the deep-rooted traditions, emotional connections, and sheer vibrancy of life back home. It was an experience that shaped me in ways I never expected—one that I will carry with me forever.

Suman Joshi



## *A Vision of Divine Embrace*

In the stillness carved between the storm's fury,  
lightning's rumble, and heaven's downpour, I saw Him—  
God, radiant and eternal,  
rising with a Light no eye could bear,  
yet every soul longed to see.

He spread His hands wide,  
and they became wings—  
White, vast, and shimmering,  
gentle as breath, powerful as Creation itself.  
With a whisper that echoed through all existence,  
He stirred us, we the chosen ones! From deep slumber  
One by one, we awoke—not to fear, but to peace.  
Our spirits, weightless, were drawn toward Him,  
as if remembering where we truly belong.

He opened His Heart—  
not a metaphor, but a place more real than reality.

A sanctuary beyond sorrow,  
a home untouched by time.  
We entered without hesitation,  
each soul cradled in a love that erased all doubt,  
all pain, all separation.

Then, the great doors of His heart closed—  
not as a punishment, but as a completion.  
And with that final breath of the old world,  
humanity, as we knew it, came to an end.

Not in despair.

But in union.

In peace.

In Him.

**Raashi Manchanda**

## *Shraddhanjali Yatra: Thousands Unite Across India For The Martyrs Of Pahalgam Attacks*

On the morning of 27th April, India witnessed an extraordinary outpouring of love, unity, and human spirit. Organized by MaitriBodh Parivaar, the Shraddhanjali Yatra at New Delhi, Mumbai, Amritsar and Pahalgam drew thousands of citizens from every walk of life – all gathered with a common purpose: to honor the departed souls and to stand as ONE- a united Bharat.

In an overwhelming show of solidarity, the atmosphere was charged with deep emotion and slogans of unity - 'Ek Bharat, Hum Bharat'. People joined hands and walked side by side in silent tribute. Celebrities like Kajal Agarwal, Makarand Deshpande, Aaditi Pohankar, Nisha Agarwal at Mumbai; dignitaries Smt. Swaraj Grover and Smt. Rekha Mahajan at Amritsar and many more lent their voices to the cause, sharing heartfelt messages and expressing gratitude for a one of a kind yatra.

Tears flowed as people remembered those we have lost – not to a natural calamity or accident, but to hatred and division. Yet, in that pain, something beautiful emerged: a powerful reminder that love still binds us, that humanity can still rise above darkness.

A spokesperson at Mumbai shared, "At a time when divisions seem to be tearing societies apart, MaitriBodh Parivaar under the guidance of visionary Maitreya Dadashreeji, is creating a sacred space for healing and togetherness. The Yatra was not just a walk – it was a statement. A living testament to the belief that if hatred can divide, love can certainly unite and heal; and, even as we condemn this attack, we stand heart to heart with the families of the citizens we lost".

The Shraddhanjali Yatra reached its heartfelt conclusion at the very soil where it all began. On 22nd April, Bharat Mata wept as hatred and division struck her children. At that same sacred ground, MaitriBodh Parivaar arrived carrying the light of Love and healing. Standing shoulder to shoulder with us at Pahalgam were the Pahalgam Tourist Association, BJP District President Mr. Sufee, the Gujjar-Bakerwal Samaj (Kashmiri Tribals), Foundation for Youth, Drug-Free Kashmir, and Padma Shri awardee Mushtaq Pehalgami.

The walk concluded with a disciplined mauna (silence) for the martyrs. With folded hands, we offer our deepest and heartfelt condolences to every grieving family.

May Love heal what hatred tried to break!









## *Saptarshi ShaktiPravaah*

*A Celestial Call to Receive the Saptarshi Energy Transfer*

On 1st May, thousands of people responded to a Divine call; a rare celestial celebration known as *Saptarshi ShaktiPravaah*, where seekers across India came together to receive the powerful energy transfer.

Rooted in the Vedic tradition, the *Saptarshi* are the seven great sages – eternal luminaries who act as vessels for the highest cosmic energies. As their sacred consciousness descended upon Earth, a wave of Divine Grace was set in motion to usher humanity into the Navyug, a new era of peace, harmony, and higher consciousness.

*When love comes calling, the heart sings.* Blessed are those who witnessed and received this Divine touch!







## *Buddha Purnima with the Maitreya*

*Beyond enlightenment, towards transformation!*

On the sacred occasion of *Buddha Purnima*, thousands of seekers from across the world gathered online in the Divine presence of *Maitreya Dadashreeji* to take a purposeful step towards inner transformation.

In this online gathering, *Maitreya Dadashreeji* shared pearls of spiritual wisdom that uplifted our understanding of the Self, the Divine, and the deeper purpose of life. Through touching stories and clear examples, He helped cement the essence of what it means to be truly Divine!

A special emphasis was placed on *Maitri Bhaav*, the state of unconditional love and universal friendship. *Dadashreeji* revealed the significance of the *Maitreya Consciousness* — the very consciousness promised to humanity for this era. As the current times demand a higher state, this consciousness is ready to subsume and support every individual seeking true change.

One of the highlights of the event was the rare and powerful *Som ShaktiPravaah* process, conducted for the first time. Through this deeply energizing experience, participants received energy transfer directly from *Maitreya Dadashreeji*. This rare spiritual opportunity offered participants the means to experience victory over the Self — rising above fears, inhibitions, and mental blocks, cleanse the impact of *Kali* from the mind, realign and bond the *Nadis* and *Chakras* with their *Praan Shakti* and enhance intellectual clarity, action capacity, and energy levels.

## *DESH KAY* घर-घर हवन – SAKARATMAKATA KA NAYA आगमन

*A Nationwide Collective Havan to Uplift Bharat's Energy*

In these uncertain times, especially with the rising tensions of war and global unrest, the need to protect and uplift the collective energy of our nation has never been more vital. In response to this urgent call, on 8th May, thousands of families across the country came together to offer a sacred Havan in their homes invoking positivity, peace, and divine protection for Bharat.

*This unique movement, “DESH KAY घर-घर हवन – SAKARATMAKATA KA NAYA आगमन”, was not just a ritual but a collective spiritual act, igniting the flame of hope and harmony across the nation. The sacred fire lit in every home became a symbol of unity, strength, and conscious awakening.*

From cities to villages, over thousands united in a shared intent of uplifting Bharat's vibrational field and anchor divine grace during these challenging times.





## *Bharat Yuva Parivartan Yatra*

*A powerful initiative designed to unite and uplift the Youth of India!*

Youth for Global Peace and Transformation (YGPT), the youth wing of the MaitriBodh Parivaar successfully completed two phases of the Bharat Yuva Parivartan Yatra (BYPY) – a powerful initiative designed to unite and uplift the youth of India through self-exploration, reflection, and cultural connection. Nearly 700 young changemakers participated across six cities.

YGPT took the message of 'Ek Bharat, Hum Bharat' to share and celebrate our culture and foster the spirit of oneness in the youth of our nation. At each location, youth were guided to explore their inner potential, helping them connect with their innate qualities, ask meaningful questions about the direction they wish to take in life and take the first steps toward purposeful living.

### *Celebrating Culture, Strengthening Unity!*

A special highlight of the Yatra was the Postcard Activity, a creative and unique cultural exchange where participants shared stories and reflections from their hometowns. These handwritten messages were taken city to city, creating emotional and cultural threads that connected young people across regions, inculcating the spirit of Maitri (friendship) and brotherhood. The youth were inspired to celebrate their own culture while appreciating that unity in diversity strengthens the country and brings us together as one nation.

The young participants underwent a powerful and transformative process inspiring them to grow and move forward in life!







## Paduka Prem Yatra

*MaitriBodh Parivaar keeps alive 'Paduka-Pratha' with a nation-wide grand celebration of Maitreya Dadashreeji's Padukas.*

Grand processions of blessed Divine Pādukās by MaitriBodh Parivaar took place across Bharat, where they shared the message of Divine blessings, love, transformation, and selfless service to thousands of devotees across India. Exalted devotees sang divine tunes and danced, celebrating a reunion with their true selves.

### Shobha Yatra of Dadashreeji's Divine Padukas at the holy premises of Shree Dagdusheth Ganapati Temple, Pune

With hearts full of devotion, we witnessed a divine Shobha Yatra of Dadashreeji's sacred Padukas as they were carried from Balgandharv Rang Mandir, Pune to the holy Shree Dagdusheth Ganapati Temple.

The Divine Padukas were received with reverence by Shrimant Dagduseth Halwai Trust President Sunil Rasaneji and placed beside Lord Ganesha for pooja and darshan where many devotees took darshan and received Grace and blessings from the Divine.

### Shobha Yatra at Dakshineswar Kali Temple at Kolkata, West Bengal

Dakshineswar Kali Temple is one of the most iconic and famous temples of Goddess Kali in West Bengal.

The temple was built in 1855 by Rani Rashmoni, a philanthropist and devotee of Goddess Kali, who aimed to create a space for worship accessible to all. Dakshineswar is a major pilgrimage site for Hindus,





## Event Coverage

drawing devotees from all over the world. The temple is deeply connected to Sri Ramakrishna Paramahansa, who spent a significant part of his life there, experiencing spiritual visions and attaining enlightenment.

Devotees at Dakshineswar Kali Temple received Grace and Blessings through Divine Paduka Darshan of Premavtaar Maitreya Dadashreeji.

### Shobha Yatra at Lord Dattatreya Temple, Brahma Datta Dham at Hooghly, West Bengal

Brahma Datta Dham is the largest temple dedicated to Lord Dattatraya in Hooghly and the entire West Bengal region. Lord Dattatreya is considered an incarnation of Brahma, Vishnu and Mahesh. This temple in Hooghly was founded and built by devotee monk Narayan Guru Maharaj from Pune, who established Char Dham of Lord Dattatraya in four directions of India - Brahma Datta Dham being the center in East. Divine Paduka were welcomed and hosted by Chief Mahant of Temple, Mahadev Jadhav Ji and the entire management and priests.

### Shobha Yatra at Adyapeeth Mandir, Kolkata, West Bengal

Adyapeeth is a sacred Hindu temple of great significance, established in 1967. It was originally founded back in 1915 by the followers of Annada Charan Bhattacharya – a great devotee of Maa Kali and Sri Ramkrishna. Adya Maa being a Divine form of Maa Kali the temple has great religious significance. The main altar of the temple is having three sub-altars. The bottom is having the statue of Sri Ramkrishna, the middle is having Maa Adya and the top altar displays Radha and Krishna.

Divine Paduka were welcomed and hosted by Secretary Mural Maharaj of Adyapeeth Mandir. More than 300 devotees received Grace and Blessings through Divine Paduka Darshan of Premavtaar Maitreya Dadashreeji. All devotees received Divine Light after the paduka puja.

### Shobha Yatra at Dakat Kali Mandir, Singur, West Bengal

Located in Singur, Dakat Kali Mandir is one of the most famous and more than 500 years old temples of Goddess Kali in West Bengal. It is flooded with devotees everyday and stories associated with the experience of Ma Sarada of Sri Ramakrishna Mission. Many devotees received Grace and Blessings through Divine Paduka Darshan of Premavtaar Maitreya Dadashreeji. All devotees received Mahaprasad and Divine Light after the paduka puja.

*Wherever Divine Pādukās go, love, happiness and grace flows!  
The culmination of the Pādukā Yatra will be marked by a grand celebration on Guru Purnima Day at ShantiKshetra Premgiri Ashram in Karjat with the Padukas coming back to their true home after traveling across India!*







## *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!*



## Programs &amp; Offerings

*Upcoming Events*

Event	Date	Venue
Guru Purnima Day	10 <sup>th</sup> July	Aarohan Kendras and Shanti Kshetra Premgiri Ashram
Spiritual Week	16 <sup>th</sup> to 20 <sup>th</sup> July	ShantiKshetra Premgiri Ashram
Bodh V follow up program	25 <sup>th</sup> - 27 <sup>th</sup> July	ShantiKshetra Premgiri Ashram
*Mental Detox For Corporate Personnel	01 <sup>st</sup> - 03 <sup>rd</sup> August	ShantiKshetra Premgiri Ashram
Meet My Maitreya (for 16-35 yrs youth only)	10 <sup>th</sup> August	ShantiKshetra Premgiri Ashram
The 8 Day Detoxification Retreat	16 <sup>th</sup> to 23 <sup>rd</sup> August	ShantiKshetra Premgiri Ashram

*For queries related to Spiritual Programs please contact @ 9815109394*

*\*For queries related to Corporate Workshops please contact @ 9820343276*

*To know more about the events reach out at: [info@maitribodh.org](mailto: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](mailto: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](mailto:meeting.mitrshankh@gmail.com) requesting an appointment for the same.

“

*Simply surrender to His Will.  
Ask nothing in return and  
experience the shower  
of Grace in your life.*”

Maitreya Dadashreeji

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