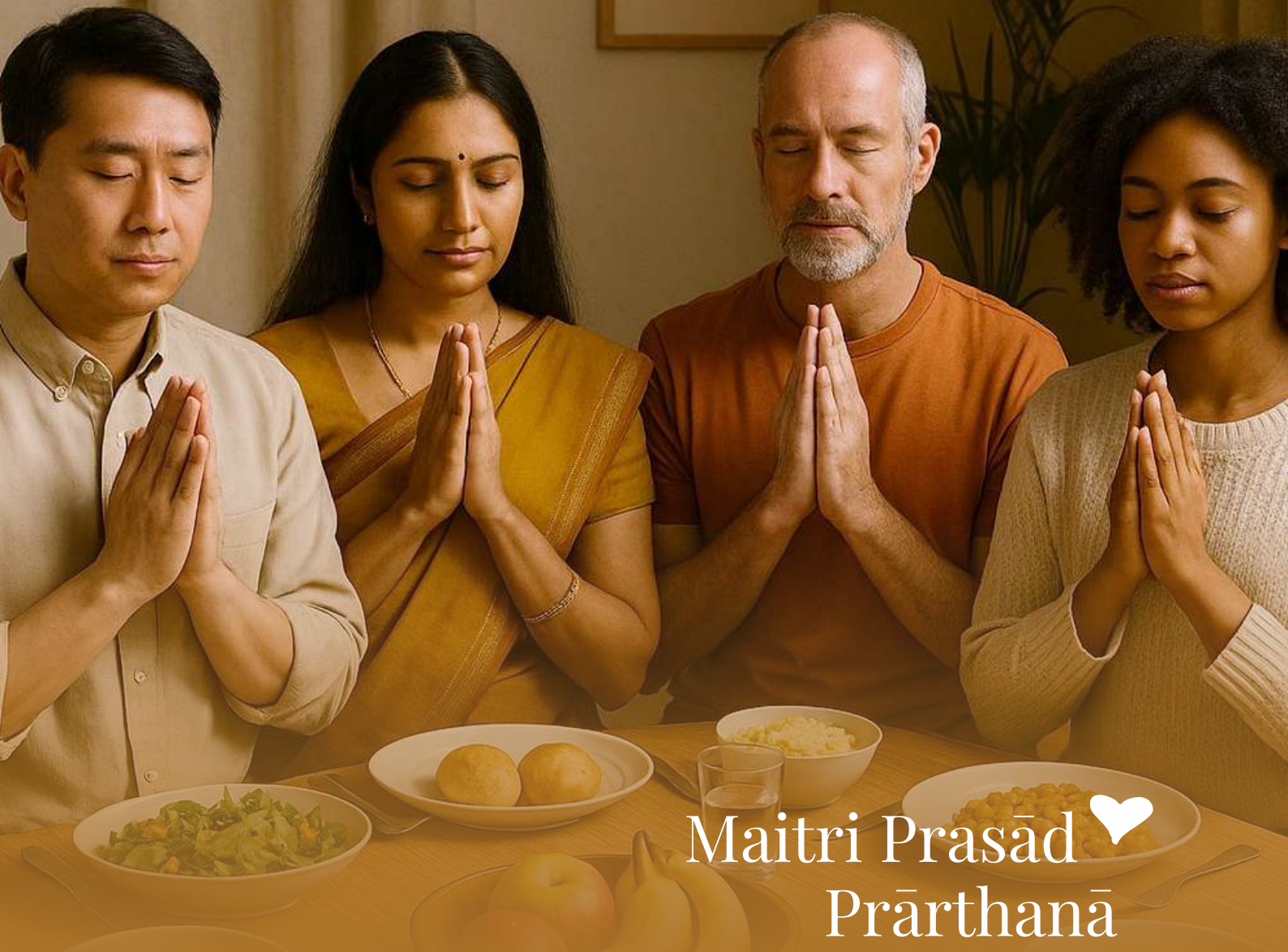


MAITRI Anahita



Maitri Prasād Prārthanā

*We are blessed to share a sacred prayer gifted to humanity by
Maitreya Dadashreeji - 'Maitri Prasād Prārthanā', a divine
invocation to be recited before partaking of meals.*

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dear Loved Ones,

Dear Loved Ones,
Namaste.

A sacred practice unfolds, *introducing a blessed prayer - 'Maitri Prasād Prārthanā'* before meals! With deep reverence and gratitude, we *share for the first time a divine prayer to be offered before partaking of meals* through this edition of Maitri Anahita. This sacred invocation reminds us that food is not merely sustenance, it is Grace manifest, a channel through which the Divine nourishes both body and soul.

In this edition, under 'Pearls of Wisdom', read Maitreya Dadashreeji's profound message, a call to rediscover the Highest Truth within.

In today's world, as multiple events continue to unfold across the globe and within our own nation, it's easy to find ourselves constantly drawn into the whirlpool of the mundane. Yet, this endless cycle of events, occurrences and happenings is but a natural outcome of the universal law of cause and effect. Amidst this constant motion, it is vital to pause, to reflect deeply and choose whether we wish to be swept away by external events or rise above them to witness the greater design unfolding before us. Now is the time to step back and reconnect with the *true purpose of our existence*.

Time and Nature are gently, yet persistently, reminding us to awaken. Let us arise and align with the *Higher Consciousness* and connect with the 'Source' which is 'One' to experience lasting peace and unconditional love in our lives.

You'll also find enriching reflections and heartwarming experiences of Divine Grace from our contributor's articles that inspire, uplift, and guide you toward deeper inner growth and self-reflection.

We warmly invite you to join us at the *ShantiKshetra Premgiri Ashram on December 25, 2025*, as we celebrate *Grace Day* in honour of our beloved Narayani Maa's birthday.

Soon after, join us in *Mumbai on December 27, 2025*, for the *Global Maitri Festival*, a grand celebration of Love, Life, and Maitri Bhaav on the auspicious occasion of our cherished Prem Avataar Maitreya Dadashreeji's birthday at Ghatkopar. This is far more than just an event; it is a *transformative opportunity* to immerse in Divine Love, Grace, and spiritual awakening. Together, let us celebrate the wisdom and compassion that continue to guide us on our journey toward oneness and peace.

Wishing each of you *joyous celebrations and safe travels* this festive season.
May your homes and hearts be filled with *light, love, and gratitude*.

Happy Deepawali, Hanukkah, Thanksgiving, and a Merry Christmas to all!



*With Love & Light,
Team Maitri Anahita*



MaitriBodh

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TALES OF TRANSFORMATION

In this column we 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.

EVENT COVERAGE

Discover more about our events and various socio spiritual programs





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Tune in to God's Wisdom!

Dear Friends!

Is there a conspiracy designed to keep you engaged with trivial stories and minor issues in life? While you throw yourself into tackling daily challenges, could you be overlooking something profoundly important? Reflect on whether social media, societal concerns, relationship dilemmas, or financial strains are truly your battles to fight, or if they are merely distractions that prevent you from confronting the fundamental questions you should place at the forefront of your mind.

You don't need to wade through countless books or seek the advice of others for this journey. Instead, take a deep breath and turn inwards. Ask yourself: Am I missing something truly significant in my life right now? Am I drifting away from understanding my core needs?

Uncover the truth for yourself! Remember, truth cannot be handed down or learnt; it must be experienced firsthand. No matter how many gurus you follow or how many books you read, what truly matters is the depth of your own being. Embrace this journey of self-discovery, and let your true self guide you toward spiritual transformation.

Many of us often feel as though we were compelled to come into this world and expected to embrace the natural flow of life. As such, your presence or absence makes no real impact on existence. Also, it's easy to forget that our planet has been here for millions of

years, long before any of us arrived. As human beings, once we are born, we collectively develop our own thoughts, which gradually shape the unique cultures of our regions. Over many generations, these cultures grow into rich civilisations with their own traditions and rules. Yet, ultimately time prevails, leading to one civilisation ending and another beginning. It's essential to remember that it wasn't nature that created human civilisations, but rather ourselves —builders of this complex web of ideas, entwining us in its fascinating tapestry.

Throughout history, many have experienced repeating patterns, but some enlightened souls stay connected to the Highest Truth, freeing themselves from these worldly illusions. It's also essential for us to gently clear away the dark clouds that obscure the Truth hidden beneath the stories others tell. Remember, the constant repetition of these stories can distract us from what truly matters, often causing unnecessary disturbance and suffering in our lives.

Let us not shy away from acknowledging that we have become slaves to the world orchestra, influenced by selfish and greedy minds. The bitter truth of the universe is that the conflicting forces of good and evil will keep encountering each other to establish their supremacy. And in this act, good may perish.

If we genuinely want to free ourselves from the world play, let's explore where the world might be taking us towards. Have you ever wondered what's really happening behind the curtain of

Pearls of Wisdom

materialistic pursuits? Take a moment to imagine where you see yourself in terms of spiritual growth now and in the future. Take out some quiet time for yourself and reflect on these life-transforming questions! By deepening our understanding of life, we can uncover the hidden truth and hold on to it, navigating through both joyful and challenging times to attain the Highest Truth. No matter how tough or tempting a situation may seem, keep your focus on the Truth, because pursuing that is the most meaningful goal along our journey.

Let us help you understand it with a story of a true monk and a transformed king! Once, a seeker who had attained tranquility and spiritual clarity in his journey was in search of a genuinely realised master. Many guided him to seek guidance from King Janaka, a spiritually transformed ruler. With great expectation and faith, he embarked on his journey to meet the king. People praised the king for his extraordinary knowledge of the Divine. Upon reaching the royal kingdom, the seeker requested the gatekeepers to inform the king that a monk had come seeking spiritual guidance. The gatekeepers promptly conveyed the message to the king and subtly shared the monk's request. The king paused for a moment and said, "Ask him to wait for some time, and then I will call him."

The gatekeepers returned to inform the monk to wait outside the gate. Assuming the king must be busy, the monk waited patiently. Shockingly, the wait lasted for seven days. After this time, he received another message allowing him to enter the king's palace and wait in the lobby.

Despite the lack of a warm welcome from the king, the monk remained undisturbed. After enduring seven days without food, he was finally served a sumptuous meal, a rarity even for the wealthy of that time. He ate what was laid before him to satisfy his hunger but remained focused on his aim of meeting the king.

Once again, after another seven days, he received a message that permitted him to enter the king's personal chamber for their meeting. Inside, the king had arranged various forms of entertainment: musicians played their music, royal dancers performed, and singers entertained him with their art. Nevertheless, the monk remained resolute, determined to seek true knowledge.

Finally, after yet another seven days, he met the king. The king expressed his pleasure in meeting the monk, who had patiently waited for 21 days to receive his guidance. This display of intense determination and unwavering focus on seeking spiritual knowledge impressed the king. He shared secret insights with the monk, enabling him to realise the Truth rather than just know it. Ultimately, the monk's patience and commitment to his highest objective paid off.

As human beings, it's essential to remember our true source —the Creator. Let your spirit always be in harmony with God's wisdom, especially during these times of change, as we look forward to a brighter future for everyone. The MaitriBodh Parivaar sincerely wishes the same blessings for everyone, everywhere. When you rise, you inspire others to rise too, and inviting the Divine into your life can bring added peace. The MaitriBodh Parivaar has been dedicated to this beautiful work for many years and we are now entering our Phase three out of the four stages. Soon, we hope to realise our dream of fostering peace and maitri across the world, creating a more harmonious and loving global community.

*Never stop rather proceed!
Some people may leave for good, but better
souls will come into your life.*

Listen to your Divine and Be the Truth!

The Divine Light will guide you further!

**More about Dadashreeji,
click here:**





Maitri Prasād Prārthanā

(Maitri Prasād Prayer)

With Blessings from the Divine - Introducing a Sacred Prayer Before Meals

With deep reverence and joy, we are honoured to present, for the very first time, the '*Maitri Prasād Prārthanā*', a sacred invocation *gifted to humanity by Maitreya Dadashreeji*.

Prayers are divine bridges that help us open our hearts to Grace, recognise the Divine's constant presence in our lives, and express gratitude for all that we receive.

Blessed by Dadashreeji Himself, the Maitri Prasād Prārthanā is to be recited before partaking of meals.

It purifies the food and infuses it with nourishment, positivity, and Divine Grace.

Through this sacred act, each meal can become an offering of love, gratitude, and conscious connection with the Divine.

Let us embrace this beautiful practice and elevate the simple act of eating by sanctifying it through the invocation of the Divine with this prayer.



मैत्री प्रसाद प्रार्थना

भोजनं समर्पयामि। भोजनाय प्रसीदतु।
देहि मह्यं शान्तिं शक्तिं । पोषयतु अन्तर्मित्रं।

Bhojanam Samarpayāmi | Bhojanāya Praseedatu |
Dehi Mahyam Shāntim Shaktim | Poshayatu Antarmitram |

Meaning

Oh, The Divine!
I offer the food to the Divine that I am
about to eat.

Oh, The Divine!
Please bless the food that is offered!

Oh, The Divine!
Please provide me with peace and
strength through this meal.

Oh, The Divine!
May this meal nourish my Inner-
Divine Friend!

अर्थ

हे ईश्वर!
मैं जो भोजन खाने वाला हूँ उसे आपको
अर्पित करता/करती हूँ।

हे ईश्वर!
कृपया अर्पित भोजन को आशीर्वाद दें।

हे ईश्वर!
कृपया इस भोजन के माध्यम से मुझे शांति
और शक्ति प्रदान करें।

हे ईश्वर!
यह भोजन मेरे आंतरिक-दैविक मित्र को
पोषित करें।

Audio Version





Initiated in 2019, MaitriBodh Parivaar celebrates *27th December* each year by taking a leap towards uplifting humanity by addressing critical societal reforms and fostering a community of empowered, connected individuals in the *presence of guiding light, Maitreya Dadashreeji*.

A gathering of global family celebrating Love, Life and sentiment of Maitri Bhaav by coming together and truly representing the message of *वसुधैव कुटुम्बकम् #OneWorldOneFamily*.

This festival represents

- Connection & Community Building
- Diversity & Cultural Celebration
- Spiritual Growth & Guidance

The theme for this year, *Ek Bharat, Hum Bharat* is a powerful call by *Maitreya Dadashreeji* for citizens to rise above divisions of caste, religion, region, or ideology and come together as One Nation, One Family. Dadashreeji shares that the time has now come for Bharat's glorious culture, rich traditions, and life-giving values to be reawakened. To restore this sacred land of saints, sages, and the Divine to its rightful glory and true essence.



Maitri Mahotsav · Global Maitri Festival (GMF) 2025

Date: Saturday, 27th December 2025

Time: 5:00 PM to 8:00 PM

Venue: Police Parade Ground, Ghatkopar, Mumbai



Time and Nature!

Maitreyi Sulata emphasizes that we cannot ignore the message from Nature and Time anymore, a message that demands a complete overhaul in human outlook from divisiveness to oneness, with Nature and with one another.

Dear Friends,

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

Hundreds went missing after flash floods and landslides triggered by cloudbursts submerged villages in India's Himalayan region, with several lives lost. Cities across India submerged after unprecedented rainfall. In Afghanistan, powerful earthquakes destroyed villages and livestock, deepening the humanitarian crisis. Typhoon Raasa has caused widespread damage to Taiwan, Hong Kong and Southern China.

Can we afford to turn a blind eye to the consequences of human actions anymore? What are time and nature trying to teach us? 'Time and nature' don't operate as per our will, rather we need to flow in harmony with them. There is a Divine message in the natural devastation and that message cannot be ignored any longer.

If one keeps denying the need for change, problems will increase and suffering will only intensify.

The unrest we are witnessing today is not a random occurrence. Time and nature have been sending warning signs even as the Divine is preparing us for these difficult times. The phenomenon of 'The Great Transformation' started on 21st December 2012. The years 2012-2022 were the years of preparation for humanity for what's coming in the future. It was a learning experience for everyone. The pandemic and the worldwide lockdown were a huge awakening call and the associated urgency for transformation. However, the years 2022-2032 are going to involve an even more intense transformation. The coming times may become more difficult and complex as the period 2025-2029 is spiritually the era of the Amrit Manthan - the internal churning process of purification. We are already witnessing this around us. There is absolutely no escape from a shift of human consciousness towards The Great Transformation.

Let me share three aspects that may happen in the coming times:

1. Dissolution of the false:

The internal dissolution of the concept of divisiveness will begin now. The thought that we are separated or divided on any aspect (be it region, caste, power, religion, country, language, or economy, etc.) and which leads to self-centered action, will begin its journey towards dissolution. The dissolution of the ideology of division will help us unite and realize our Maitreya's vision of ONE World, ONE Family, ONE Truth. The natural feeling of being equal and unique is the required transformation.

2. Mind under pressure:

With the crisis around the world, and the ongoing process of purification (Amrit Manthan), the human mind will be impacted in terms of moving away from the false created self.

3. Consequences of our past actions:

This is also the time to face the outcome of all our past deeds, good or bad, and we will be required to face the consequences now rather than later.

Above all, when the Divine takes charge, nothing remains in our control. The way forward is to flow with this Transformation by staying connected to the Divine within and to the Divine Light. In this connection, unconditional love and peace arise, guiding us through these turbulent times. We are truly blessed that the Divine is present on planet Earth in the physical form of Love Incarnate, Maitreya Dadashreeji, whose very presence impacts the planet positively. All that is required of us is to connect, communicate, and walk with Him as a friend. The Divine Light, His Supreme Consciousness, liberates us from delusion, division, self-centeredness, past conditionings, and even karma, preparing us for the Divine Age.

Maitreya Dadashreeji is transforming us through the Divine Light; our task is simply to flow with it.

Awaken to the need of this Time!

Awaken to the call of Nature!

Divine is here; Divine is in now, and now is the time for transformation!



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 Avatar Maitreya Dadashreeji

Question: How much impact does astrology have on our personal life and can it be changed with divine help or sadhana?

Answer: Dear Friend,
Thank you for your thoughtful question.

Everything around us has an influence upon us; the food we eat, the places we visit, the people we interact with, and the experiences we go through. In the same way, the planets and their positions also leave an impact on our lives.

Astrological charts can provide a broad blueprint, indicating tendencies and directions. Yet, we must remember that life is not predetermined by these influences alone. The Divine has gifted us free will, the ability to make choices in every moment and to shape how we respond to circumstances. Most importantly, above all the planetary and environmental influences stands the power of the Divine, your Master, and His Grace. No astrological chart can measure or limit this Grace. While astrologers may interpret your chart, the Grace factor is beyond their reach.

The strength of your bond with your Divine or your Master directly opens the flow of this Grace. Alongside this, selfless service is yet another powerful way to increase the Grace factor in your life.

In essence: astrology may outline possibilities, but it is Divine Grace nurtured through faith, devotion, and service that has the ultimate power to transform your destiny.

Maitreya Dadashreeji's blessed image, the Divine Light is a direct source of Grace in one's life. When you connect with the Divine Light as your friend, you naturally receive Grace that supports your growth and transformation.

So, nurture your bond with the Divine, engage in selfless seva, converse with the Divine Light, and experience the joy of Grace flowing into your life.

We would also like to share that in our Bodh programmes, the sacred process of ShaktiPravaah serves as a direct Divine intervention, enabling one to expand, evolve, and flow harmoniously with life.





Age-old Healing Remedies

Food that delights the palate while bringing health benefits to the table! **Maitreyi Jinita** shares recipes sure to stir your interest!

As the cool winds of winter approach, our kitchens naturally turn into havens of comfort and nourishment. This season is not only about tasty meals but also about fortifying the body with foods that heal, energize, and protect. Drawing from traditional wisdom and age-old recipes, we bring you traditional remedies that nourish, nurture and strengthen immunity.

Gond ki Raab

Ingredients:

- 2 tbsp edible gum (gond)
- 2 tbsp ghee
- 2 cups water
- ½ cup jaggery (grated or powdered)
- ½ tsp dry ginger powder (saunth)
- A few strands of saffron

Method:

- Heat ghee in a pan. Add the edible gum and fry until it puffs up and turns crisp. Remove and keep aside.
- In another pot, bring water to a boil. Add the fried edible gum to the boiling water.
- Stir in jaggery and let it dissolve completely.
- Mix in dry ginger powder and saffron strands.
- Stir continuously and cook until the mixture slightly thickens into a smooth, flowing consistency.

Serve, enjoy warm for the best taste and health benefits.

Traditional Remedies & Integrated Medicine

Health Benefits:

- Winter Special: Keeps the body warm and provides energy during cold months.
- Immunity Boosting: Edible gum, jaggery, and ginger powder strengthen immunity and digestion.
- Nourishing: Rich in iron, antioxidants, and natural energy boosters.
- Comforting: Soothes sore throats and helps fight fatigue.

Energy Boosters (Turmeric-Ginger Energy Balls)

Ingredients (Makes ~10–12 balls)

- ½ cup jaggery (grated or powdered)
- 2 tbsp clarified butter (ghee)
- 1 tbsp edible gum (gond)
- ½ tsp turmeric powder (haldi)
- ½ tsp ginger powder (saunth)
- ¼ tsp black pepper powder
- Optional: 2–3 tbsp finely chopped nuts (almonds, cashews, or walnuts)

Method:

- Heat clarified butter in a pan on low-medium flame. Add edible gum and fry until it puffs up and turns slightly golden and crisp. Remove from heat and set aside.
- In the same pan, add jaggery with 1–2 tsp water and melt it on low flame until it becomes a thick syrup.
- Add fried gond, turmeric powder, ginger powder, and black pepper powder to the jaggery syrup.

- Mix well until all ingredients are combined evenly.
- Fold in finely chopped nuts if using. The mixture should be sticky but manageable for shaping.
- While still warm (but not too hot to handle), grease your palms with a little ghee and roll the mixture into small bite-sized balls.
- Let the balls cool completely.
- Store in an airtight container. They keep for 10–15 days at room temperature.

Health Benefits:

- Joint & bone support: Edible gum (gond) lubricates joints and strengthens bones, perfect for winter stiffness.
- Anti-inflammatory: Turmeric + ginger + pepper reduce inflammation and improve circulation.
- Energy booster: Jaggery provides natural energy and warmth.
- Winter-friendly: Warming ingredients help fight cold, fatigue, and seasonal lethargy.
- Digestive aid: Ginger and black pepper improve digestion and absorption of nutrients.

Tip:

- One may lightly roast some sesame seeds or flaxseeds and mix them in for extra crunch and nutrients.
- Have 1–2 energy booster balls daily in the morning or evening for a natural immunity and joint-support boost.



Jinita Shah, a remarkable blend of strength, ambition, and grace. A dedicated homemaker, she balances her family life with an inspiring spiritual journey. Her deep devotion to Maitreya DadaShreeji reflects her commitment to seeking higher truth and living with purpose. Powerful yet humble, ambitious yet grounded, she is a shining example of how inner strength and faith can transform everyday life into a path of meaning and fulfillment. Jinita Shah continues to inspire those around her with her devotion, determination, and radiant spirit.



Satvik Oats Moong Dal Tikkis

In every soak, grind, and stir, there's a quiet meditation, a reminder that food, like life, becomes nourishing when approached with love says **Aparna Dedhia** as she shares this nutritious recipe with us.

Lately, my experiments with moong dal have turned into a quiet ritual in themselves — a way to bring balance, lightness, and nourishment to the table. These Oats Moong Dal Tikkis are one of my favourites, especially in their satvik form — no onions, no garlic, just pure, clean flavours that energize without heaviness.

They're crisp on the outside, soft inside, and versatile enough to slip into your child's tiffin box, offer to friends before or after a meditation session, or enjoy as a mindful evening snack with a warm cup of herbal tea. In Ayurveda, both moong dal and oats are light, wholesome, and grounding — the perfect choice when you want your food to support stillness and clarity.

Ingredients

- ½ cup oats (instant, rolled, or steel-cut)
- ⅓ cup yellow moong dal
- ¼ cup grated carrot
- ¼ cup coriander leaves, finely chopped
- 1 tsp red chili powder (or milder chili for a gentler heat)
- 1 tsp garam masala (optional — or replace with roasted cumin powder for a milder satvik taste)
- Salt to taste
- 2–3 tbsp oil or ghee (for pan-frying)

Optional binding: 2–3 boiled potatoes (or sweet potatoes/raw banana for a variation)

Method

1. Cook the Moong Dal

Wash and soak the moong dal for 15 minutes. Cook in an open pan for 12–15 minutes, or pressure cook with ¾ cup water for 2–3 whistles. Drain any excess water.

2. Prepare the Oats

Grind the oats into a coarse powder for binding and texture.

3. Mix the Base

In a large bowl, combine powdered oats, grated carrot, coriander leaves, red chili powder, garam masala or cumin powder, and salt. Mash in the boiled potato/sweet potato/raw banana (if using). Add cooked moong dal and mix until well combined. If the mixture feels too soft, add a more of the powdered oats.

4. Shape & Cook

Grease your hands, take lemon-sized portions, and shape into patties. Heat a skillet with oil or ghee, and cook the tikkis on medium heat until golden on both sides.

Food prepared with awareness, and shared in a spirit of love carries its own prana. These tikkis, with their simple ingredients and satvik essence, become more than just a recipe they become an offering of love and wholesome goodness!



Aparna Dedhia, guided by the grace of Maitreya Dadashreeji, blends spiritual seeking with creative storytelling in her writing, she is a Content and Communications Director at INT Aditya Birla Centre for Performing Arts (INTABCPA), Aditya Birla Group.



Hydroponics:

A Journey Towards Healthy Food and a Healthier Planet

*Water and land are among the most precious natural resources and have experienced severe pressure due to the burgeoning food demand of the world's population. With climate change and soil degradation the situation is approaching critical levels in view of the ever-increasing demand for food products. Hydroponics offers a way out by allowing for farming in a controlled environment, doing away with the need for soil and also saving on precious water resources, writes **Rigved**.*

Farming has always been at the heart of human civilization. For thousands of years, we have depended on soil, rain, and the seasons to grow our food. But today, as we face the challenges of climate change, water scarcity, and shrinking fertile land, a new method of farming is slowly gaining ground—hydroponics. This is the science of

growing plants without soil, using nutrient-rich water instead. Though the idea may sound modern, hydroponics has ancient roots. The Hanging Gardens of Babylon and floating gardens of the Aztecs are said to have used similar techniques.

The advantages of hydroponic farming are many. It saves up to 90% of water compared to traditional farming, eliminates the need for harmful pesticides, and allows vegetables to be grown in controlled environments all year round. This means healthier food for us and less stress on Mother Earth. Most importantly, hydroponics is resilient to climate change — it does not depend on unpredictable rains or degraded soil.

Many wonder if hydroponic vegetables are “artificial” or “plastic-like.” In reality, it's quite the opposite. Grown with pure nutrients delivered through water, free from soil contaminants they

The Conscious Cosmos

are clean, residue-free, and nutrient-rich. Often, their taste, freshness, and nutritional value exceed that of conventionally grown produce. Hydroponic farming usually begins with the construction of a polyhouse or greenhouse, which provides a protected environment where temperature, humidity, and light can be controlled. Inside the structure, troughs or channels are installed for plant growth, and a water circulation system is set up.

Seeds are germinated in a clean medium like cocopeat or rockwool before moving into the hydroponic system. Nutrient-rich water flows past their roots, fueling growth while the closed-loop setup recycles water with minimal waste. Once ready, the vegetables are harvested, packed, and delivered within hours to lock in freshness and nutrition.

In Europe, where climate change has disturbed natural farming cycles, more and more people are turning towards hydroponics. Users have appreciated the consistent quality, pesticide-free produce, and the fact that food can now be grown locally rather than transported across countries. In the Middle East, the situation is slightly different. Here, the challenge is not just climate change but also the scarcity of arable land and water. Governments in the region are actively supporting hydroponic farms to meet the rising demand for food. The focus is on sustainability, nutrition, and food security.

Hydroponically grown vegetables are not just food; they are a promise. A promise of health for our bodies, and healing for our planet.



Rigved has consistently championed the cause of environmental consciousness and sustainable living. His journey has been deeply influenced by his spiritual connection with Maitreya Dadashreeji, which has instilled in him a profound reverence for Mother Earth. This sacred bond not only guides his personal life but also fuels his professional vision, driving him to create business models that are rooted in compassion, ecological balance, and long-term sustainability.



Tales of Transformation

How Maitreya Dadashreeji Shapes and Guides my Everyday Life



Dadashreeji is a force that awakens us to the experience of Divine Love, of complete acceptance, joy, and peace within us. Such an experience may feel 'unreal' or mystical when viewed by the practical mind. 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 providing the direction we had been seeking. In this column we 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 **Maitreyi Kamakshi** as shared with **Maitreyi Jagruti Gala**.*

Kamakshi was born in India but at a very young age, her foresighted father sent her to the United States for her education and development. From the age of 12 years, she learned to be independent and connect with people of different cultures. After graduating in Business Management, her life may have continued there, had she not met the love of her life and married him to settle permanently in Mumbai, India. Kamakshi ji has been at the forefront of diverse initiatives and businesses, ranging from restaurants to construction to luxury lifestyle items. However, for the past several years, she has been devoted to her role as a Maitreyi and is involved fulltime in the MaitriBodh Parivaar, furthering the vision and mission of Maitreya Dadashreeji.

You mentioned that your parents sent you to the US for studies at a very young age, and that really shaped who you are. It feels like you lived so much more in a short time than most people usually do. Can you tell me more about that?

Yes, indeed, growing up without parents makes you mature very quickly. Outwardly, my life did not appear deeply religious. I would visit the Fire Temple occasionally, mostly to please my parents, yet in retrospect I realise there was always a part of me that quietly wondered about the Divine.

As a child, I often questioned: What could the Divine possibly gain by separating a child from its parents—especially the mother—at such a tender age? It didn't make sense to me then.

Later, it became clear that the Divine sent me out into the world at a critical stage of personality development. Due to my circumstances, I had to grow up quickly and stay in awareness.

Because of these circumstances, I had to step into adulthood early. I had to become conscious, self-reliant, and deeply aware. And with that, something remarkable happened, my awareness and intuition sharpened. I remember vividly how strong and natural my intuitions became; they wove themselves into my very being.

I came to understand that when the Divine takes something away, it always offers something else in return. For me, it was heightened awareness and intuition. This is how I discovered my special relationship with the Divine. It was always part of the Divine Plan for me.

You've been with Maitreya Dadashreeji, since the announcement of MaitriBodh Parivaar in 2013. What was your vision for yourself, in the year preceding your meeting with Dada.

Looking back now, I can see how life was preparing me, though at the time I wasn't consciously aware of it. I never had a structured thought process around spirituality, but in



Tales of Transformation

hindsight, my journey had already begun when I moved back. I always had a strong sense of what was right and what was wrong, and I naturally operated from that space.

I was curious about spirituality but never inclined toward organizations or gurus, that was a big no for me at that stage of life. It just didn't make sense then.

Then, through a dear friend's recommendation, I happened to attend Bodh - I at the ashram in the summer of 2013. That experience changed everything, there was no looking back after that. The journey since has been very intense.

Outwardly, my life may not appear drastically different, but inwardly everything shifted. The way I experience life, the intent with which I live it, has transformed completely. I was always drawn to service, and I probably would have been part of a non-profit anyway, but to be offering 100% of my time in seva within a spiritual organization—that was something I could never have imagined back then.

So how did it all play out?

We were young, we had partied until 4 a.m. and still woke up at 6 a.m. to attend the Bodh-I program. Everything felt strange, so different from the life I was used to. During the program, when Dadashreeji entered and began scanning the room, His eyes met mine. In that instant, something shifted inside me, it was as if He truly knew me, the real me. That moment was profoundly moving and became the trigger for me to explore further. Over time, that exploration deepened into a genuine sense of belonging. What struck me most was Dada's simplicity and normalcy. He related to us as a friend, and I loved that about Him. I remember once attending a meeting where I expected He would ask me to change many things about myself. Instead, all He said was, "You carry on, you'll find you're perfect the way you are. Nothing needs to change." That single sentence transformed everything. It wasn't just words—it carried an undeniable vibration of truth, an experience of complete acceptance that I could actually feel. From then on, our journey unfolded through active engagement

with Youth for Global Peace and Transformation, which, at its core, was aligned with the Maitri Mission. Coming from a very different intellectual background, and then suddenly you were experiencing havans, mantras, and rituals. How was that journey for you?

In the beginning, I couldn't connect with the temple (Shaktipeetham – at ShantiKshetra Premgiri Ashram) at all, I would walk past it without even acknowledging it, and this went on for almost a year. Then came my first Navaratri Seva. At first, I resisted the thought of volunteering, but a strange knee pain pushed me to finally say yes. The moment I did, the pain disappeared. I realized it was my ego holding me back.

The seva itself was tough. Waking up at 4 a.m., scrubbing the temple, and especially cleaning the floor covered with insects felt unbearable. For the first two days, I cried and wanted to give up. But on the third day, a realization dawned, the insects I was clearing were like the impurities within me, and with each act of cleaning, I was being cleansed inside too.

From that point, everything changed. What began as mechanical effort turned into love-filled seva. I started to feel a living connection with Maa, something I had never experienced before. Even small acts, like opening 108 lotuses, became symbolic of my own inner opening.

That Navaratri Seva was a game changer, it dissolved layers of baggage and misconceptions I carried, and from then on, my bond with Maa became deep, real, and inseparable.

You once shared that, unlike others who see Dada as Ram or Krishna, for you He feels like something much vaster. Could you describe what that really means for you?

For me, He is everything, everywhere, even within my very cells. He carries a Consciousness at an entirely different frequency, and I can feel that frequency within me. My constant prayer has been: "Align my whole body and being, and let Your frequency



Tales of Transformation

vibrate through every cell of me.” It is a prayer of deep intensity, an all-or-nothing surrender. That is the nature of my relationship with Dada as I experience Him now.

How do you talk of your Dadashreeji?

For me, He’s a vibe. This journey with Him has shaped me into a better person, because my faith, love, and dedication, my everything rests with the Divine, and for me, the Divine is represented through Maitreya Dadashreeji, now and always. Before Him, I used my gifts of wit, resilience, awareness but always from a place of fear. Over time, He transformed that fear into love.

An astrologer once told me I could use my words to shatter someone, but one day I would use them to heal and rebuild. Dadashreeji has made that shift possible. Which of Dada’s teachings truly anchor you in your life?

The first teaching that truly resonated with me, and on which I got completely hooked, was: “Being spiritual is being natural.” Initially, my understanding of “natural” was at a very human-level, I thought it simply meant being as you are. So, if I hurt someone while speaking the truth, I’d think, “That’s their problem.” But Dada helped me see that this is not the true natural self. The natural self is rooted in Love, and to be spiritual is to reach that space of genuine, heartfelt Love.

Could you share a special experience you’ve had with Dadashreeji?

As a child, I disliked the game fugadi, where you cross hands and twirl around each other? Being small and light, I always felt out of control, flung about by others.

I once had a vision of playing fugadi with Dada. We weren’t physical beings, but light forms twirling in space. The speed kept building, stirring the same childhood anxiety of losing control, until suddenly the two lights exploded and spread across the pitch-black void.

In that instant, I realized Dada was far more than a friend or guide, He was Divine energy itself, awakening the Divine within me. That vision shifted my understanding of Him, and ever since, each experience with Him has only deepened my surrender.

Is there a message you’d like to share with our readers?

Dada’s presence elevates life itself unlocking parts of you that you never knew existed. Even simply listening to His words can transform you. What’s your connection with Divine Light?

At first, accepting the Divine Light was hard. But now, He’s my guide in everything, big or small, and I know He hears me. Even at my worst, His love never wavers. That unconditional love is beyond words.



Faith in the Divine Light

I became associated with Dada and the MaitriBodh Parivaar when I attended a satsang at a devotee's home. Since then, I have experienced nothing but positive developments as a person, be it in my thoughts or actions. That day, I requested Dada to remove anger from me. Miraculously, I have stopped taking offence or getting hurt by what people say or do. I just quietly walk away from such situations. Attending Bodh I and II has made me a changed person as a result of the teachings shared during these programs. It was indeed a wonderful experience! In my very short journey with Dada up to this point, He fulfills all my needs, leaving me excited and grateful at the manifestation of His Grace! Dear friends, I will say just this, that have faith in your Divine Light, be assured that He will do the best for you!

Thank you so much for being with me, Dada! I am blessed to have you in my life.

Promila Kohli



Sacred Practices that Purify and Transform

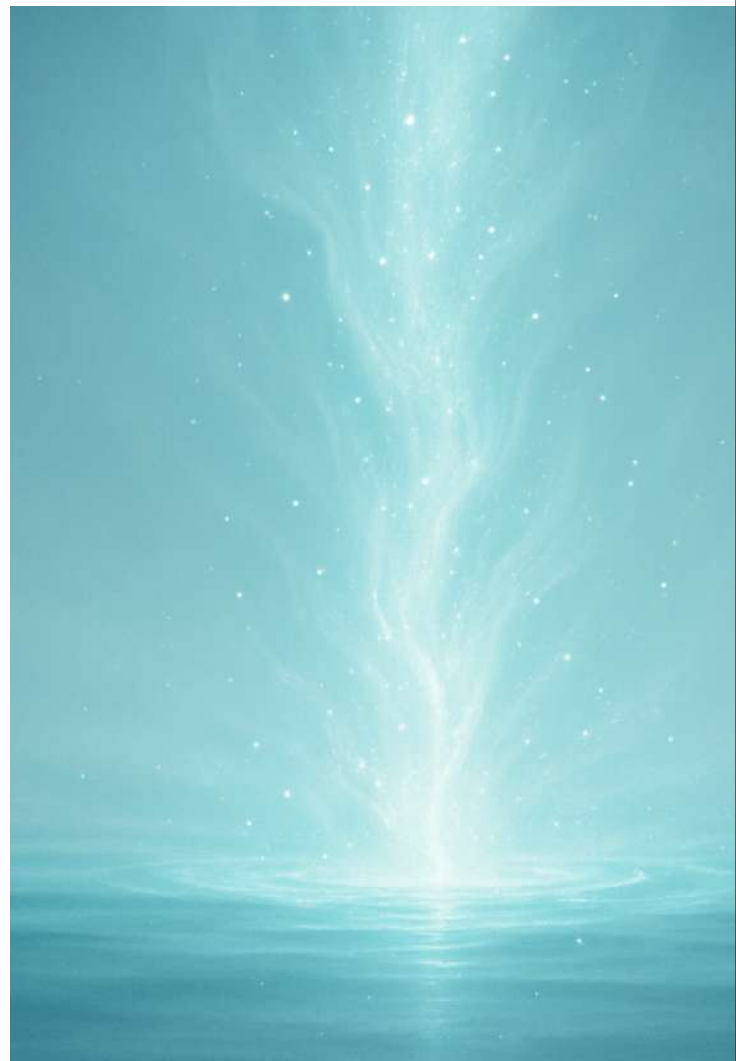
Each of the practices advocated by the MaitriBodh Parivaar for spiritual growth have touched my inner being in their own unique way.

Maitri Chitta Shuddhi Kriya is a truly transformative process. It felt like peeling away the layers of past conditioning, negativity, and emotional clutter.

Maitri Sambodh Dhyaan brought immense calm and compassion into my heart. It's not just about silence, it's about expanding love beyond the self, towards others, and the Universe.

As for the Havan practice, sitting by the sacred fire, chanting mantras, and offering intentions was not just symbolic but also energetically purifying. The havan was conducted faultlessly and with fervour. The experience of each practice has been entirely fulfilling and uplifting!

Kirti Chadda





The Silent Teaching



All His children are special to Dada and He has blessed each with special talents. That should not be judged comparatively and neither does the talent make one more special than the other, writes Nishi Gandha as she shares this learning with our readers.

Communication with animals and plants was a special gift of mine but I wouldn't talk about it for fear of being judged.

It would happen spontaneously, without me doing anything. I had no control over the communication. I couldn't ask questions and get answers. It was what they decided to share and take.

I was drawn to Dada because I saw a silver chain binding us. Dada would figure in my thoughts regularly. Sometimes to remind me to keep my sugar level under control or laugh at me when I was lost on the way to the ashram. I would see Him standing at the farm with His hair flying in the breeze or meet Him in my dreams.

I felt very special and better than the others with my secret abilities.

I was standing in the queue for Dada's Darshan. My eyes wouldn't stop flowing tears.

As I stood in front of Him and my being reached out for His blessing, I 'saw' Dada's astral form separate itself from His body... an unmissable message in His eyes!

I reached home feeling a bit empty inside. The next few days slowly revealed that I could not connect with my dogs or cats. I have not seen Dada again. I found it difficult to accept this loss. Dada had made me extra-ordinary. And now I felt alone and empty!

When He takes something away from you, He is calling you closer. I had let my ego get the better of me! Dada showed it to me, in His inimitable way.

*Nishi
The nomad*



Divine Grace Descends through Dev Diksha

3rd August 2025

In a momentous outpouring of Divine Grace, Nagpur witnessed one of the greatest blessings of our times *Dev Diksha*, bestowed by our beloved Maitreya Dadashreeji.

A total of 153 seekers experienced a profound inner awakening and connection with the Divine. The sanctified atmosphere was charged with love, peace, and spiritual elevation, touching every heart and uplifting every soul present.



Youth Awaken to Emotional Well-being in Nagpur

4th August 2025

With the Divine's Grace, Nagpur witnessed two powerful Youth Sessions on Emotional Well-being that left a lasting impact on nearly 300 enthusiastic young participants.

The day began with an engaging session at VMV College, where students explored the importance of emotional balance and self-awareness in daily life. The highlight, however, was the special opportunity to conduct a session at the esteemed Government Medical College, Nagpur, ranked 2nd in all of Asia.

Interacting with some of the nation's most brilliant young minds, the session created a vibrant atmosphere of reflection, openness, and inspiration. Participants resonated deeply with the message of inner harmony and practical tools for emotional resilience, making it a truly transformative and memorable day.



Blood Donation Camp

Panvel Railway Station | 23rd July 2025

On 23rd July 2025, Nair Hospital Blood Bank, one of Mumbai's leading public healthcare institutions, organised a *blood donation camp* at Panvel Railway Station.

Nair Hospital plays a pivotal role in addressing the city's blood requirements, collecting nearly 1,300–1,500 units every month. Among the beneficiaries are Thalassemia major patients, who require blood transfusions every 15 days to survive.

Between 20th and 28th July, no other blood donation camps were scheduled in the region, creating an urgent need for mobilising donors. To bridge this critical gap, Nair Hospital, with the support of local volunteers and well-wishers, stepped in to ensure continuity of life-saving transfusions.

Event Highlights

- Location: Panvel Railway Station
- Collection: 76 units of blood successfully donated
- Support: Local volunteers and community members actively participated
- Impact: Lifesaving support for patients, particularly those battling Thalassemia

The camp not only ensured uninterrupted support for patients in need but also underlined the power of community participation in life-saving healthcare initiatives. Every unit collected is a testament to the generosity of donors and the unwavering commitment to saving lives.

Regular blood donation remains a vital need - ensuring that patients who depend on it continue to receive timely care.



Stree Aarogya Samvaad

Jambrung Village | 3rd August



On 3rd August, a Stree Aarogya Samvaad was organised in Jambrung village, dedicated to empowering women through awareness on *health, hygiene, personal care, and menstrual well-being*.

The session opened with a *short skit*, creatively designed to address women's health and hygiene in a simple yet impactful manner. The performance made it easy for participants to connect, understand, and reflect on important aspects of daily health practices.

Event Highlights

- Participants: 38 women, including 12 young girls.
- Medical Consultation: 25 participants received personalised, one-on-one consultations.
- Doctors in Attendance: A gynaecologist, an Ayurvedic doctor, and a nutritionist provided professional guidance.
- Support: Sanitary pads and informative handouts on menstrual hygiene were distributed to all participants.

The session not only spread awareness but also encouraged open dialogue on sensitive health topics, helping women feel supported and informed. Professional medical advice, combined with community engagement, created a safe and empowering environment.

Such initiatives reflect the spirit of MaitriBodh Parivaar's humanism, where women's health is placed at the centre of community well-being. By investing in women's health, we take a vital step towards their overall empowerment and towards building healthier families and communities.

Ek Bharat Hum Bharat

One Hour • One Nation • One Future

August 2025 Highlights

Ek Bharat Hum Bharat (EBHB) is not just a campaign, it is the heartbeat of a united Bharat, channelling the power of every citizen's one hour into a force of collective strength.

August 2025 once again proved that when citizens come together, our diversity becomes our greatest strength. From Kolkata, Gujarat, Mumbai, Pune, Nagpur, Vita, Kolhapur, Kamad, and Karjat - communities across Bharat stood in solidarity amplifying the spirit of unity. Altogether, 14 events united 2,050 citizens across nine regions.

Defining Moments Chhatrapati Sambhajinagar: 1,100 students crafted Rakhis for soldiers, sending heartfelt messages of gratitude.

- Nagpur: 275 youth energised the EBHB Trophy, showcasing vibrant youth leadership.
- Temple Trust Felicitation: Citizens came together to honour selfless service and collective unity.
- Mumbai's HOTA Forum: 750 individuals celebrated culture as a profound bond of integration.

These highlights contributed to 23 activities reaching 4,785 people in August alone.

Since its launch in March, EBHB has created a powerful wave of transformation:

- 305 activities conducted
- 59 organisational commitments secured
- 65 HNI meetings held
- Over 38,000 citizens inspired to pledge one hour each month for Bharat Mata.

Together, we are not just celebrating Bharat - we are building Bharat.

To pledge your hour or explore collaboration opportunities, call: +91 84529 30200 / +91 89281 21880



Global Leadership Summit 2025

2nd August | Mumbai

On 2nd August 2025, the Maitri Sanskar Value Education Curriculum was honoured with the prestigious 'Outstanding Contribution to Education Award' at the Global Leadership Summit 2025, held in Mumbai.

The award was received by Mitra Jeev on behalf of Maitri Sanskar. Guided by the *Grace and vision of Maitreya Dadashreeji*, the Maitri Sanskar team continues His mission to ensure that children imbibe *core human values* nurturing inner strength, emotional balance, and compassion alongside academic learning.



A Transformative Approach to Education

Maitri Sanskar stands apart as more than a curriculum - it is a journey of holistic growth. By placing values at the heart of education, it empowers children to develop not only intellectual ability but also the empathy, responsibility, and positivity essential to building a brighter society.

Acknowledgment & Gratitude

This recognition affirms the role of Maitri Sanskar in reshaping education for the future. With children as the building blocks of society, imparting the right values ensures a future rooted in goodness and harmony.

We remain deeply grateful to Maitreya Dadashreeji for His divine guidance in laying this strong foundation, and to our children, parents, and community for being integral to this shared vision of value-based education.



This award is not just an honor - it is an inspiration to continue transforming young lives through love, values, and holistic growth.

An Unforgettable Beginning:

The First Maitri Sanskar Training

The first Maitri Sanskar Training, held on 10th August in Mumbai, was not just a program it was a *milestone brimming with transformative potential*. Designed as a full-day immersive experience, it went far beyond routine learning, becoming a soulful exploration of *values, purpose, and seva*.

The day began with a *grounding meditation*, gently drawing participants inward and setting the tone for reflection, unity, and learning. What was once a hall soon transformed into a sanctuary of sincerity, connection, and shared intention.

The modules beautifully blended *real-world relevance with spiritual depth*, empowering participants to align their roles with a greater humanistic vision. From a *thoughtfully curated lunch* to the closing diya ceremony and sacred oath, every detail carried deep intention. The closing rituals left participants equally inspired and empowered, ready to serve with awareness and authenticity. A special mention goes to *Mitra Jeev's opening address*, which set the tone for the day and beautifully framed the agenda of the *Maitri Sanskar Value Education Curriculum*.

The energy of the day was *electric rooted in love, lifted by unity, and sustained by a collective will to serve*. Participants departed with brimming hearts filled with gratitude, a clear mission to carry forward, renewed commitment to walk the sacred path of Seva with devotion.

The first Maitri Sanskar Training didn't just inform, it transformed.



Bharat Maha Parivartan Yatra

Tamil Nadu, Madhya Pradesh, Uttar Pradesh, West Bengal

One World • One Family • One Truth

The vision of MaitriBodh Parivaar is rooted in One World, One Family, One Truth—a mission carried forward through Love, the greatest force in the Universe, and Selfless Service, the true engine of change.

In this spirit, the Bharat Maha Parivartan Yatra has been journeying across India, offering free-of-cost programs that touch lives, awaken hearts, and inspire transformation.

Tamil Nadu • June 2025

Journey Highlights

- Duration: 30 days
- Cities covered: 13 (including Chennai)
- Activities: Visits to temples, distribution of 2,000 Divine Lights & 1,000 pamphlets, 10 sessions conducted

Essence

A small team of five members carried Dadashreeji's message of Prem, Shanti, Maitri across Tamil Nadu. Language was no barrier, the universal language of love, smiles, and a simple Vannakam created deep connections.

The Yatra culminated at sacred Dhanushkodi, where hearts brimmed with gratitude and the Divine purpose felt alive.



Event Coverage

West Bengal • Aug–Sept 2025

Journey Highlights

- Duration: 5 weeks
- Cities covered: 30+ (including Kolkata, Siliguri, Darjeeling, Santiniketan, Kalimpong)
- Sessions conducted: 97+
- Participants engaged: 2,100+
- Maitri Shakti Pravaah recipients: 470

Programs Offered

- Bodh-I (Awakening to Self-Realization)
- Stress Management workshops
- Maitri Lok-Kalyan Havan
- Maitri Light sessions

Esteemed Hosts

Welcomed by corporates, NGOs, schools, temples, and government institutions including Honda Group, Mahindra & Mahindra, Ashok Leyland, Royal Motors, Roshni Foundation, District Magistrate Office Kalimpong, and many more.

Madhya Pradesh • Sacred Pilgrimage

Journey Highlights

- Cities covered: 11
- Formats: Maitri Sambodh Dhyaan & Lok-Kalyan Havans

Essence

The Yatra in Madhya Pradesh was not a journey of miles but of hearts. Time and again, the Divine revealed Himself—silently, effortlessly. Tears of surrender, joy of devotion, and the first touch of the Inner Divine became common experiences.

This sacred pilgrimage reminded us: Maha Parivartan is not a distant promise - it is here, now, alive, and flowing through every soul ready to receive it.

The Core Message

At its heart, the Yatra carried a timeless truth:
The Divinity within unites us all—beyond barriers and borders.

When we recognize this, we live One World, One Family, One Truth.

The Bharat Maha Parivartan Yatra is not just a series of programs, it is a living movement of awakening, unity, and love, igniting hope for a brighter collective future.



A Year of Grace and Growth

MaitriBodh Parivaar in the USA, Canada, and Mexico

The year 2024 was truly a landmark for *MaitriBodh Parivaar in the Americas*, filled with historic milestones and transformative experiences.

The journey began with the *first-ever Spiritual Week* in the breathtaking Rocky Mountain region of Montana, where seekers came together for a deeply transformative experience. Soon after, a profound *message of peace from Maitreya Dadashreeji illuminated Times Square*, touching countless hearts in the very heart of New York City.

Building on this momentum, 2025 opened with another milestone - the inaugural Spiritual Week in New Jersey. This was followed by a series of impactful online sessions, creating sacred spaces for reflection, connection, and inner growth.

Looking ahead, MaitriBodh Parivaar remains dedicated to carrying the message of transformation across every corner of the United States, Canada, and Mexico. Alongside stress management workshops in the corporate space, the Bodh series of programs continues to empower individuals on their spiritual journeys.

Join the Movement

Online Events: www.maitribodhusa.org

In-Person Events: www.Maitribodh.US

[For more information: Maitreyi.valora@maitribodh.org](mailto:Maitreyi.valora@maitribodh.org)

With every step, MaitriBodh Parivaar is bringing Love, Peace, and Transformation to the Americas.





Meet My Maitreya 2.0 – A Transformational Day for Youth

10th August 2025 | ShantiKshetra Premgiri Ashram

The Meet My Maitreya 2.0 gathering, held on 10th August 2025 at ShantiKshetra Premgiri Ashram, was a vibrant festival of unity, values, and transformation. Over 500 youth came together in an unforgettable celebration that blended joy, learning, and spiritual connection.

A Journey Through the Day

Gaushala Visit - The day opened with a soulful visit to the Gaushala, where participants spent time with the sacred Gaumata (cow). This experience invoked love, purity, and reverence, deepening the youth's bond with Nature.

Games & Activities - Simple yet meaningful games reminiscent of olden times encouraged creativity, teamwork, and self-reflection, while offering a refreshing break from the fast-paced world outside the Ashram.

Disaster Management Session - A highly engaging session by Shri Rajendra Lokhande, Asst. Chief Officer, Disaster Management Dept., BMC, equipped the youth with practical knowledge and confidence to respond effectively in emergencies.

Transformational Session with Maitreya Dadashreeji - The highlight of the day, this profound interaction left participants *inspired, fulfilled, and energized*. Maitreya Dadashreeji emphasized that youth are the building blocks of society, encouraging them to take the lead in shaping transformation.

The event concluded on a powerful note, with participants feeling *guided, supported, and motivated* in their journey of personal growth and collective service. The day not only strengthened unity and values but also ignited a spirit of responsibility and leadership in the youth.

Meet My Maitreya 2.0 was more than an event it was a movement of awakening, reminding young hearts of their role in building a brighter tomorrow.



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
Parivaar Parivartan	10 th - 12 th Oct 2025	ShantiKshetra Premgiri Ashram
Bodh I & II	30 th Oct - 01 st Nov 2025	ShantiKshetra Premgiri Ashram
Bodh IV	12 th - 16 th Nov 2025	ShantiKshetra Premgiri Ashram
Spiritual Week	19 th - 23 rd Nov 2025	ShantiKshetra Premgiri Ashram
Bodh V Follow Up	28 th - 30 th Nov 2025	ShantiKshetra Premgiri Ashram
Maitri Chitta Shuddhi Kriya	05 th - 07 th Dec 2025	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 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.

“

*Remember, the only
worthwhile challenge in
your life – is to
change your Self.* ”

Maitreya Dadashreeji

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