

# MAITRI *Anahita*



## The Global Maitri Festival

*Life is shaped by the actions we take. A Chinta Mukt life begins with awareness of those actions. When the core is empowered, thoughts find direction and right action follows naturally.*

*- Maitreya Dadashreeji*

**Food for the Soul**  
Grow by Asking 16

**Health And Wellness**  
Traditional Remedies &  
Integrated Medicine 18



**Nature & Environment**  
The Conscious Cosmos 22

**MaitriBodh Parivaar**  
Tales of Transformation 24

# dear Loved Ones,

Dear Loved Ones,

*Warm greetings of the season and heartfelt wishes for a Blessed New Year!*

As the new year dawns, may peace gently replace chaos, love dissolve hatred, and oneness rise above all divisions guiding and sustaining us through the times ahead. The world today stands as a vivid reflection of disturbance, conflict, and unrest. Yet we may pause and ask: is this turmoil truly separate from us? The unrest we witness outside is often a mirror of the chaos that resides within.

If change is to be lasting, it must begin at the source. The correction we seek in the world must first be made within ourselves. As Maitreya Dadashreeji so profoundly reminds us:

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

Everything, indeed, lies within us. At our core, we are love; we are peace. All that is required is a conscious bonding with the Divine to experience true love, inner stability, and lasting peace. As we align ourselves with Divine consciousness, transformation unfolds naturally, and the world around us begins to transform in response.

Let us, therefore, resolve to work on our inner selves and strive to become better versions of who we are with each passing day. May we grow in awareness and compassion towards one another, towards Mother Nature, and towards all of life that surrounds us.

*In this edition, under 'Pearls of Wisdom,' read Maitreya Dadashreeji's insightful message that urges us to choose friendship over selfishness, conscious action over reaction, and selfless service over passivity so that, together, we transform ourselves and the world as One World, One Family.*

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

Discover the inspiring initiatives of the MaitriBodh Parivaar that are transforming communities and spreading love, unity, and peace across India. Additionally, medical camps held in the Raigad District provided vital healthcare services, including eye check-ups and artificial limb fitments, furthering the organization's commitment to social transformation. Read the full coverage for deeper insights into these extraordinary efforts to uplift society and inspire hope for a brighter future.

*Stay Blessed!*



*With Love & Light,  
Team Maitri Anahita*

# content

## Food for the Soul

Pearls of Wisdom **04**

Heart-to-Heart **14**

Grow by Asking **16**



## PEARLS OF WISDOM

Tune in to God's Wisdom!

## Health & Wellness

Traditional Remedies & Integrated Medicine **18**

Mindful Morsels **20**



## THE CONSCIOUS COSMOS

A journey towards a healthier planet!

## Nature & Environment

The Conscious Cosmos **22**



## MaitriBodh Parivaar

Tales of Transformation **24**

Devotees' Experiences **27**

Musings **34**

MBP Programs & Offerings **35**

## 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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## *An Opportunity... not to be missed!*

**Dear Friends!**

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

Love is in the air! The Global Maitri Festival 2025 lit up our community with inspiration, weaving us together in unity and friendship. As each new year dawns, it brings a surge of hope and fresh dreams. And the year ends with achieving your dreams. That is what the MaitriBodh Parivaar witnessed last month. The special month of December is a cherished season to honour selfless service. This past December, we brought our vision to life by sharing our message with friends, turning our gathering into a celebration that sparked heartfelt connections across all boundaries –beyond regions, religions, and races—a lifetime experience, cherishing those divine moments and echoing a unifying message through our activities.

Our dream of 'One World One Family' is still unfolding, and even though not everyone has embraced it yet globally, our journey presses on. What fills us with hope is seeing how deeply our message has touched hearts, quietly taking root and spreading far and beyond. The MaitriBodh Parivaar does not need to be everywhere; the message itself is blossoming, shaping lives as it travels. As more people welcome this vision, the 'dawn of the divine age' we have long spoken of will become a reality for all. What once seemed impossible now feels within our grasp. We witness this transformation in the eyes of those who come to us—once burdened by despair, now shining with optimism, clarity, and newfound confidence. Their tears of gratitude and smiles of fulfilment speak volumes, assuring us that together, we are ready to step into the Divine Age.

Rest assured, our dream is within reach! I remember a man once confided in me, "Dadashreeji! People are selfish. They come only when they need help. If their problems are solved, they stay; if not, they move on. So why bother helping anyone?" I could sense the pain behind his words. When life's dramas leave you wounded despite acts of kindness, what can you say? You respond or act based on your internal world. Those on the spiritual path tend to embrace everyone, free from judgment. I replied, "My friend, the darkness of this age has clouded many minds with vices, and selfishness is among the strongest. If your words and actions are steeped in selfishness, you are under

## Pearls of Wisdom

the sway of this dark age, and your choices will follow. While this may bring you material success, it often leads to isolation, rejection, bitterness, and a painful end. The antidote to selfishness is friendship, maitri bhaav. Meeting selfishness with more selfishness only deepens the wound. Only friendship can loosen its grip and set you free. So, be a friend to all! See everyone as your friend. This is the spirit of the MaitriBodh Parivaar!"

Among all your ambitions, cherish this one the most; that of building friendships with all those around you. True connection is not about clinging to a single person but about celebrating your own divine spark. This year, you will have the chance to truly become yourself. Imagine a treasure chest of wisdom and spiritual growth opening before you, inviting you to step forward. Those who engage with life wholeheartedly will find themselves uplifted, while the idle may miss out on it. Get ready for what is to come! Many chase after recognition, yet overlook the value of dedication. Remember, Divine Grace smiles on those who prepare with intention, not on those with a lazy attitude.

Opportunities rarely knock twice! Imagine the treasure keeper swinging open the gates, handing out gold coins to eager hands. You are seeing your friends enjoying on receiving the gold coins and you suddenly feel like going to collect one yourself. But once your turn comes, no gold coins are left, and the treasure is gone. No amount of pleading or tears will help you get the gold coin. The empty treasure trove will be of no use to you. Hence, ready yourself each day and grab hold of the opportunities presented before you!

*The Divine loves those who contribute to society in any way possible.*

*A very important message to all:*

*Think and Act! Do not react!*

*The world is changing.*

*The Divine Light will guide you further!*

Love and Blessings!   
**Maitreya Dadashreeji**

**More about Dadashreeji,  
click here:**



# Maitri Sambodh Dhyaan practice scientifically and successfully trialled

**Mental Health Benefits of Maitri Sambodh Dhyaan (MSD) Meditation for Dementia Caregivers**

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**Introduction**  
Meditation is a well-established coping strategy that helps reduce the negative effects of stress on mental health. However, little is known about how meditation benefits current and former dementia caregivers. This study explores caregivers' experiences with *Maitri Sambodh Dhyaan (MSD)*, a unique meditation combining breath awareness, mantra chanting, focused awareness, visualization, and gratitude, marking the first study of MSD's impact on their psychological well-being.

**Review of Different Components of MSD**  
The MSD meditation sequence integrates components including breath awareness, vibrational AUM chanting, focused inner awareness (where participants focus between eyebrows, also known as third eye center), visualization of white light, and closing with gratitude. Each component is individually validated for enhancing attention, emotional regulation, and overall well-being. Focused attention on breath sensations enhances attentional control and meta-awareness. Chanting vibrational sounds like 'Aum' stabilizes the mind, promoting calm and effortless focus.

**Methods**

- This was a waitlist-control study using longitudinal qualitative content analysis of open-ended responses from 44 current and former family dementia caregivers.
- Participants were randomly assigned to an intervention or waitlist-control group; the latter received the same intervention after 30 days. Following randomization, participants attended a virtual orientation.
- They were then invited to practice meditation for 21 days—either in a virtual group or individually using a video link.
- Participants completed daily open-ended journal reflections throughout the 21-day period.
- Questions asked were:
  - What is your general emotions after meditation practice?
  - What do you feel was the most challenging during meditation practice?
  - What are the strengths or beneficial effects about meditation practice?
- Participants were asked about their sleep quality and any additional reflections at 21, 30, and 60 days.

**Demographics Characteristics of Study Participants**

	Intervention (n=25)	Waitlist (n=29)
Mean (SD) or Percentage		
Age (range: 25–86 years)	46.83 (12.65)	54.04 (15.29)
Gender (1 = female)	72	86.21
Marital status (1 = married)	44	60.71
Race		
White	64	62.07
Other racial/ethnic groups	36	37.93
Education		
Less than College	32	25
College	68	75
Household income (range: 1–11)	7.68 (3.87)	9.35 (3.61)
Chronic diseases (range: 0–13)	0.88 (1.48)	1.31 (1.63)
Feeling loved (range: 1–5)	3.79 (1.18)	3.46 (1.10)
Self-compassion (range: 1–5)	3.28 (0.80)	3 (0.82)
Perceived stress (range: 10–50)	29.67 (5.62)	31.79 (4.17)
Loneliness (range: 3–9)	6 (2)	5.83 (1.81)
Anxiety (range: 4–20)	9.92 (4.63)	10.97 (2.72)

**Abstraction Diagram**

**Results**

- The participants experienced calmness, relaxation, refreshing, content, happy, peaceful, focused, connectedness after meditation practice.
- They were appreciative of their time to meditate.
- The participants also reported improvement in their self-care, mental health, sleep quality and reaction to their care-recipient.
- Positive emotions related to self-care increased. Participants reported increasing in self-love both qualitatively and quantitatively.
- Some of the challenges participants reported during meditation are normal for beginners.
- The quantitative analyses suggest that
  - Loneliness declined over time ( $\beta = -0.34$ ,  $p = 0.44$ ), but the change was not statistically significant.
  - Anxiety declined over time ( $\beta = -0.20$ ,  $p = 0.029$ ).
  - Perceived stress declined over time ( $\beta = -0.25$ ,  $p = 0.096$ ), with more substantial decline ( $\beta = -0.37$ ,  $p = 0.027$ ) documented among waitlist participants.
  - Significant increase in self-compassion over time ( $\beta = 0.037$ ,  $p = 0.03$ ), with significantly greater increase ( $\beta = 0.084$ ,  $p = 0.001$ ) among waitlist participants.
  - Overall increase in feeling of love over time ( $\beta = 0.03$ ,  $p = 0.14$ ). However, the increase was statistically significant mainly among participants in our waitlist group ( $\beta = 0.093$ ,  $p = 0.000$ ).

**Discussion and conclusion**

- All meditation components collectively engage insula, cingulate, motor, and frontopolar cortices—supporting interoception, emotion regulation, and metacognition, which could be why some of related outcomes like relaxation, self-compassion/care, sleep quality and psychological well-being improved.
- One of the components of MSD request participants to focus on the center of their eyebrows, which could activate pineal gland and improves their sleep by producing more melatonin.
- Although not separate from the meditation intervention, literature on music indicates that it can help to lower stress and manage emotion.
- The findings highlight the importance of integrating meditation practices into caregiver support programs to strengthen emotional resilience, enhance mental health, and improve coping mechanisms.

**Acknowledgement**

- We extend our gratitude to Maitreya Dadashreeji for conceptualizing and being the Source of the MSD meditation.
- We received funding from University of Nevada, Las Vegas, School of Nursing for this study.

Our study on Maitri Sambodh Dhyaan (MSD) meditation has now been scientifically researched.

Conducted at the University of Nevada, Las Vegas, the study explored the impact of a 21-day MSD meditation practice on 44 dementia caregivers.

The participants (Dementia caregivers) reported feeling calm, relaxed, refreshed, peaceful, happy, focused, and deeply connected after MSD meditation. They experienced better self-care, improved sleep, emotional balance, reduced loneliness with reduced anxiety and stress and notable increase in self-love and self-compassion.

These findings support integrating MSD meditation in one's routine to enhance mental well-being and emotional strength.

**Study title:** Mental Health Benefits of Maitri Sambodh Dhyaan (MSD) Meditation for Dementia Caregivers

*Dr. Nirmala Lekhak, Dr. Tirth Bhatta, Dr. Cecilia Fernandes, Dr. Santosh Gupta, and Karella Tran*

*This research has been currently accepted for presentation in three upcoming international conferences in the USA.*

The first was on 5th Nov 2025, at the International Symposium of Contemplative Research (ISCR) at University of North Carolina.

# *ShantiKshetra Premgiri Ashram*



## **An Invitation to Experience Transformation, Love & Peace**

Nestled in the serene foothills of the Bhimashankar ranges, ShantiKshetra Premgiri Ashram is not just a place, it is a living field of divine energy created for the transformation of humanity. Every grain of this sacred land carries a powerful vibration that gently draws seekers into deep peace, inner stillness, and a profound sense of belonging.

Blessed by Shree Mahaguru Mahavataar Babaji and Prem Avataar Maitreya Dadashreeji, the Ashram offers a rare opportunity to truly connect with the Divine through the presence of the Shaktipeetham, DhyaanManthan Kshetra, and other sacred spaces designed to awaken higher consciousness. Here, seekers are lovingly welcomed as family by disciples and volunteers dedicated to selfless service.

The Ashram was inaugurated on 25th December 2010 and its key spiritual centers reflect the union of divinity, energy, and consciousness.

## The Shaktipeetham

The Shaktipeetham, the Energy Centre Temple, is the hub of cosmic power. It is the only temple in the world where within the Garbhagriha, the Trinity of Divine Consciousness co-exist – Masculine, Feminine and the Guru (Master) Consciousness. The temple is the sacred home of the Divine Mother - Premaswaroopini Shree Ādishakti Mahākālī Mā , the ancient form of Shivaling of Bhagawan Shree Mahākāleshwar and the Maha Guru Sthaan - the seat offered to the Master Consciousness. The perfect union of all these Divine energies facilitates Transformation, enabling all to witness the shift within.

The Garbhagriha (womb) of the Shaktipeetham can be entered only on the occasions of MahaShivratri, Dussehra of Chaitra Navratri, Guru Purnima, Dussehra of Sharad Navratri and Grace Day to maintain its sacredness and sanctity. Throughout the year seekers receive blessings and Grace from outside the temple.



## Divine Mother - Premaswaroopini Shree Ādishakti Mahākālī Mā (Inside the Shaktipeetham)

Premswaroopini Shree Ādishakti Mahākālī Mā, The Divine Mother is the Source of Energy, the Shakti of the Universe. The entire creation came into existence from Her. Maitreya Dadashreeji reveres Ādishakti Mahākālī Mā as His Mother.

At the Ashram the form of Shree Ādishakti Mahākālī Mā is Premswaroopini (Loving) and Phalahari (consuming fruits and vegetables). She provides Energy to the entire Maitri Mission. Seekers come and offer their prayers to Ma to receive Her abundant Love and Grace.

Inside the Shaktipeetham, Shree Ādishakti Mahākālī Mā is provided a bed and other requirements as She's not just present in the form of the idol but physically living here at ShantiKshetra Premgiri Ashram.

## The Shivling of Bhagawan Shree Mahākāleshwar inside the Shaktipeetham

Bhagawan Shree Mahākāleshwar, the one who is beyond space and time, is a part of the Universal Divine Consciousness that is working to bring forth Transformation on the Earth.

He is actively helping in the Maitri Mission. Bhagawan Shree Mahākāleshwar helps seekers overcome their blocks and challenges or past karmas which are connected or bounded by time. By removing the blocks, He helps accelerate the seeker's growth on this spiritual journey of transformation.

## Shree Nandi Devatā inside the Shaktipeetham

Shree Nandi Devatā is Bhagawan Shree Mahākaleshwar's sevak, rakshak (protector) and a great devotee. He always faces the ShivLing of Bhagawan Shree Mahākaleshwar. Shree Nandi Devatā is part of the Maitri Family. He is the epitome of 'surrender to Divinity' as He surrenders to Bhagawan Shree Mahākaleshwar.

## Shree Mahā Guru Sthaan in the Shaktipeetham

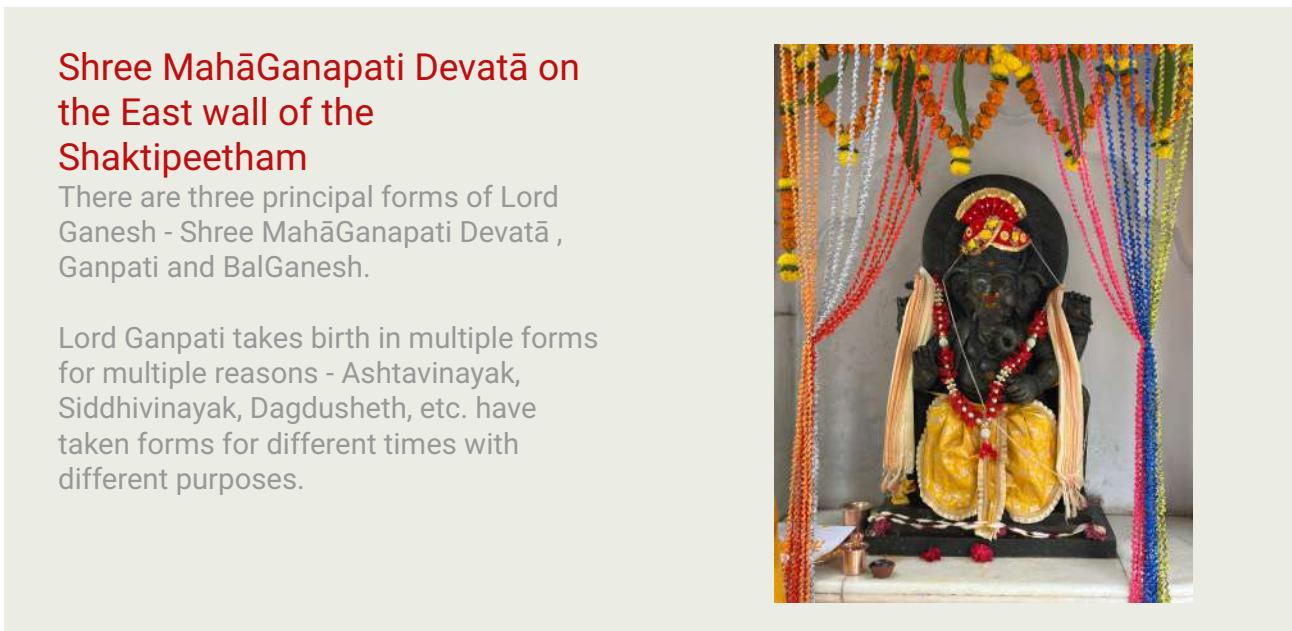
The Mahā Guru Sthaan is the seat offered to the Guru Tattva or Master Consciousness. The purpose of this sthaan is to remove ignorance from the minds of the seekers and provide right guidance to them.

Masculine and Feminine Energy is raw Energy. It is sometimes difficult for seekers to comprehend and experience That Supreme Truth and Supreme Energy. Therefore a path to bridge the experience is needed. This is where the Master Consciousness helps.



### The Gopuram and its significance

The Shaktipeetham is the cosmic energy center of planet Earth. Its purpose is to bring forth Transformation. It is the source of Divine Energy. The golden Gopuram made of panchadhatu on top of the Shaktipeetham is the connecting point or channel between the Shaktipeetham and the Universal Cosmic Energy in space. Energy from the Universe flows in through the Gopuram through which it flows to the Divine Light and thus spreads over the Earth to bring forth Transformation.



### Shree MahāGanapati Devatā on the East wall of the Shaktipeetham

There are three principal forms of Lord Ganesh - Shree MahāGanapati Devatā, Ganpati and BalGanesh.

Lord Ganpati takes birth in multiple forms for multiple reasons - Ashtavinayak, Siddhivinayak, Dagdusheth, etc. have taken forms for different times with different purposes.

## Shree Balganesh

Balganesh is the child form of Ganesh which is normally meant to talk, communicate with or simply connect and help people. When the mission began it was BalGanesh who was helping but now it's MahāGanpati who is actively helping in the mission.

## Shree MahāGanapati Devatā

Shree MahāGanapati Devatā usually never comes down to the Earth plane. But the Soumya (mild) and Prem (loving) form of Shree MahāGanapati Devatā is a part of the Divine Consciousness helping in the Maitri Mission on Earth today. Shree MahāGanapati's role in the Maitri Mission is to remove ignorance from the Earth and to establish True Knowledge which will help to bring Transformation of the human mind.



## Shree Jaya and Shree Vijaya at the entrance of Shaktipeetham facing South

If one stands facing Mā in the Shaktipeetham, on their right-side is Shree Jaya and on the left-side is Shree Vijaya. Both are the dwaarpal or rakshaks (protectors) of Premaswaroopini Shree Ādishakti Mahākāli Mā and the Shaktipeetham.

Shree Jaya and Shree Vijaya are actually the dwaarpalas of Lord Vishnu. Dadashreeji regards Ādishakti Mahākāli Mā as His mother and so they both have been assigned the duty of Her protection at the Shaktipeetham of ShantiKshetra Premgiri Ashram.



## Shree Hayagreeva Devatā on the West wall of the Shaktipeetham

The purpose of Shree Hayagreeva Devatā, as a part of the Divine Consciousness in the Maitri Mission is to protect and support the spread of true authentic spiritual knowledge.



## The DhyaanManthan Kshetra

The DhyaanManthan Kshetra is the abode of Shree Mahaguru Mahavataar Babaji and Divine Light Maitreya Dadashreeji. It is built to bring about the transformation of humanity.

Through profound spiritual programs and processes all those who come here find their way towards the Truth of Life, discovering their True Purpose.

It helps,

Dispel ignorance through True Knowledge

Experience Unconditional Divine Love

Bring about inner-Peace and inner-Transformation.

## The Swastik at the entrance

Every time anyone enters the DhyaanManthan Kshetra they are meant to first touch the Swastik and then enter within.

The Swastik is a Positive Spiritual Symbol. The Swastik placed outside the DhyaanManthan Kshetra carries energy and has been specially designed for the specific purpose which is Shuddhi / cleansing.

## 7 Chakra Cells

There are 7 cells in the DhyaanManthan Kshetra representing the 7 chakras. Out of seven, six cells are open for seekers to sit within. The 7th cell is the Divine's cell which one can experience during Bodh level - V Shakti Dharana. Anyone may sit within the cells but it is ideal for those seekers who have attended Bodh - III and higher.



These cells have been activated through a special process by Maitreya Dadashreeji to open, activate, align and awaken the chakras in the astral body. The energy within the cells helps dissolve any blocks which the seeker is facing (associated with that chakra). The dissolution of blocks helps in making a seeker more receptive to the message of the Divine. Thus, the sole objective of the cells is to CONNECT WITH THE DIVINE. Anyone who wishes to sit inside the cell must do so with a free mind and without any thoughts of their supposed blocks, keeping in mind the purpose is to connect with the Divine. One must not get stuck in the thought - which chakra is open or which chakra is not. One must go inside the cell and sense it as an experience and leave it to the Divine. If one has blocks in a chakra the associated negative thoughts may arise when one sits inside. One needs to simply be aware of the effects and keep flowing equanimously.

Example: For the Mooladhara (Root) Chakra, thoughts regarding survival or temptation may appear or if the Anahata (Heart) Chakra is blocked one may get thoughts that nobody loves me.

The ultimate purpose of offering these powerfully energised cells to spiritual seekers is for the collective Transformation of humanity. These cells are available for humanity to connect with their Divine and to experience Transformation and growth.



### Shree Navagraha Devatā

The 9 deities at the Shree Navagraha Devatā Temple work as a part of the Divine Consciousness, with Prem Avataar Maitreya Dadashreeji, Shree Mahaguru Mahavataar Babaji, Premaswaroopini Shree Ādishakti Mahākāli Mā and other deities for the Maitri Mission, to accelerate transformation of humanity on planet Earth. They work to create opportunities for seekers and smoothen one's journey to their Higher Self. The energies of planet Earth affect the entire Universe and therefore, the Navgraha Devatās have been given a sthaan at ShantiKshetra Premgiri Ashram to help in the Mission of Transformation.



### The Mandapam

The Mandapam is a hall right in front of the Shaktipeetham which is meant for Maitri Havans, sessions, and processes. The Manavkalyan Havan takes place daily at 7:30 am for the welfare of humanity.

### The YogKshetra

The YogKshetra is a hall behind Maitri Nivaas which is meant for yog sessions, happy body exercises and is also used for local community gatherings and workshops.

### The Kutir

The purpose of this Kutir is to cleanse and heal the physical, mental, and astral body.



Those who arrive with openness discover far more than a retreat, they experience a profound inner shift. Old blocks dissolve, the heart opens to unconditional love, and one begins to reconnect with their true purpose. Whether you seek peace, clarity, healing, or spiritual growth, the energy of the Ashram supports a deep and everlasting transformation.

*Come not merely to visit, but to experience.  
Come for your inner growth.  
Come to reconnect with the Divine within.*

# May Peace happen to us!

*Maitreyi Sulata writes on the importance of establishing a peaceful state within. Establishing peace within aligns us with Maitreya Dadashreeji's vision to establish global peace as a reality, for peace within leads to peace all around!*

**Dear Friends,**

I warmly greet you in the peace and love of the Divine. Wishing everyone a very happy and blessed 2026!

We all transitioned into the year 2026, thanking the blessed moments, learning from the challenges, and letting go of the bitter lows of life. However, we find ourselves in the middle of global unrest and instability. In this context, Maitreya Dadashreeji says that peace is what the world needs most. Peace within, He says, leads to peace all around.

In the current environment of turbulence and unrest, is it truly possible for us to experience peace within? Is it possible to stabilize the rather complex and agitated human mind?

Is 'Peace' a concept or a reality? Let's explore and understand this well. Maitreya Dadashreeji shares that Humanity needs to truly seek peace

within. This true seeking for peace over everything else in life in itself compels the Divine to convert the concept of peace into our own personal experience. We need to understand this well that we cannot experience peace on our own. This 'state' is bestowed upon us through Divine Grace. Grace follows the heart's yearning. If we really give peace precedence over everything else in life, peace would be delivered to us. Now is the time to look within for a self-check, what do we truly seek in life?

Our Maitreya further shares that peace will come when we naturally let go of the instinct to control others, or indeed life. The moment we let go and let life navigate us, we begin to flow in tune with Nature and the universe. Living in a flow is also like breathing - natural and effortless. Peace is our natural state and we must allow its expression fully. Peace is beyond the 'limited sense of self'. The self



**The moment we let go  
and let life navigate us,  
we begin to flow in tune  
with Nature and the  
universe.**



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.

struggles for existence through petty wants driven by ego and unfulfilled desires. As we understand our oneness with the 'limitless', we begin to prepare ourselves to receive the state of profound peace. This state cannot be shaken by external struggles and a chaotic mind. Dadashreeji stresses on seeing oneself beyond the limited identities given by name, family, societal roles, and making a conscious shift towards the truth that, 'I am Peace'.

Peace is readily available within and all around in nature. Yet we struggle to experience it due to the limited nature of the 'self', the attached false identity and associated separation, be it from others or from Nature. The moment we let go of our limited outlook, we open ourselves to receiving Divine Grace and experiencing peace as our true nature. Just know that 'I am Peace'. Just truly 'seek Peace'.

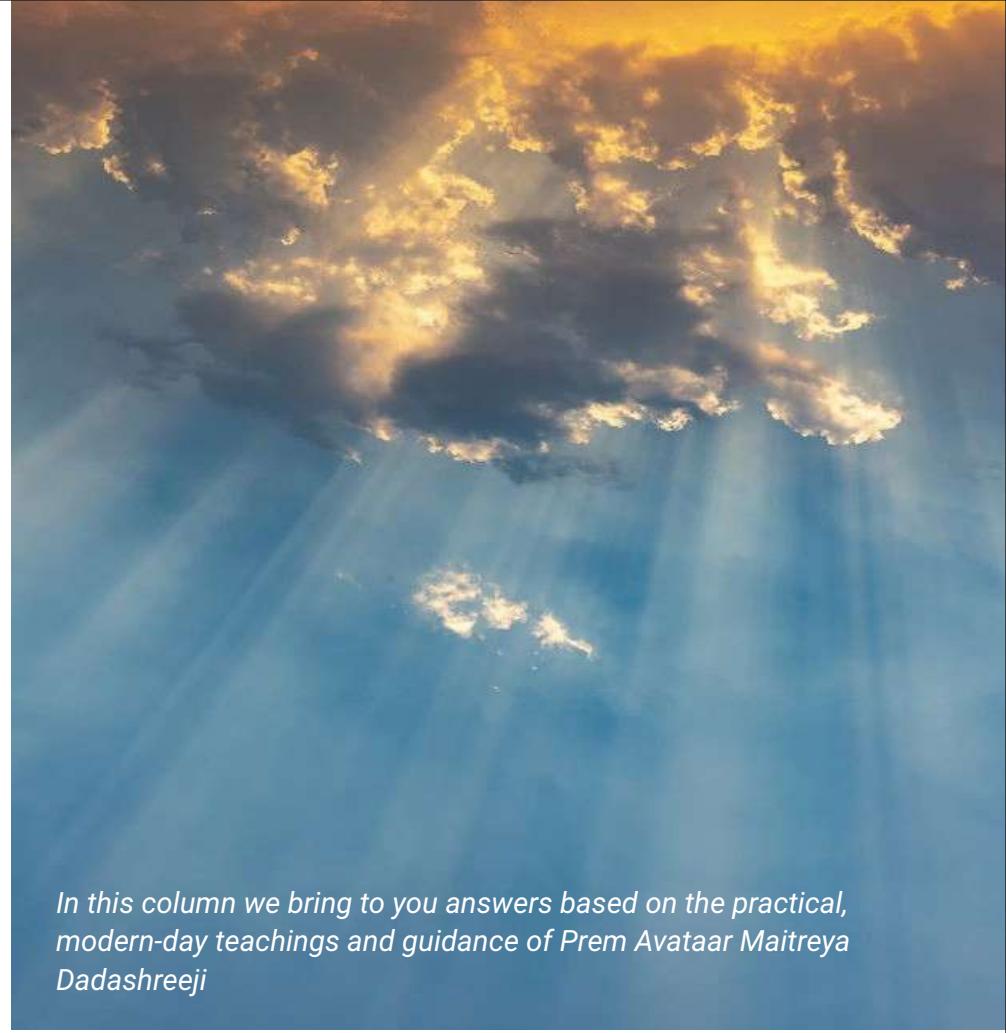
Are we truly seeking Peace?  
Are we ready to receive Peace?  
Simply surrender to this Peace.  
Let Peace navigate our lives hereon.  
Abundance follows peace. Prosperity follows  
peace. Love follows peace.  
Maitreya Dadashreeji asks us to remind  
ourselves, "*I am Peace. I am Peace. I am  
Peace.*"

With love and gratitude for our Maitreya's  
abundant Divine blessings!  
May this new year and all coming years be  
filled with peace!



**Knowledge can describe the Divine, but only experience allows one to encounter the Divine.**

**Question:** Is 'gyaan' (knowledge) more important than 'experience'?



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

**Answer:** In every generation, seekers have wrestled with a profound question: Is spiritual knowledge superior, or does true experience hold greater importance? The question has echoed through the Upanishads, rippled across the Bhagavad Gita, and found expression in the lives of saints and sages throughout history. Today, this same inquiry continues to arise in the hearts of sincere seekers on the spiritual path.

Knowledge, unquestionably, carries value. It gives intellectual clarity, direction, and context. It helps a seeker understand the nature of Truth and identify where they stand on their inner journey. The MaitriBodh Parivaar speaks of "True Knowledge" (which is covered in its Bodh series) - a sacred wisdom that liberates, expands one's horizons, softens rigid mental structures, and dissolves internal limitations.

Yet knowledge, when limited only as a concept, cannot take the seeker all the way. It remains theoretical until it becomes a part of one's being. Knowledge that has not become an experience remains borrowed - someone else's understanding, someone else's truth. The transformation it brings is limited to the mind, not the core of one's consciousness.

The distinction between knowledge and experience is easily illustrated. A medical student may study countless textbooks and master every concept yet does not become a doctor until stepping into real clinical practice.

Similarly, no one can learn to swim by reading instructions or analyzing water patterns. One must step into the water, surrender to its flow, feel its resistance and move through it. Only then does

# Grow by Asking

swimming become a personal reality. In the same way, spiritual growth demands experiential immersion, not mere intellectual speculation.

In the Bhagavad Gita, Bhagavan Krishna emphasizes this truth repeatedly. He declares, “बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते” (Gita 7.19): after many lifetimes of acquiring knowledge, the wise one ultimately surrenders to Me. Here Krishna subtly points out that even vast knowledge culminates in surrender - a direct, intimate experience of the Divine. Later, in another powerful statement, He says, “श्रद्धावॉल्लभते ज्ञानम्” (Gita 4.39): Only one endowed with faith and devotion attains true Knowledge. Just as a seed opens only after receiving water, sunlight and warmth, intellectual knowledge unfolds into wisdom only when infused with faith and devotion.

Krishna crystallizes this truth most clearly in one of the Gita's final chapters: “भक्त्या मामभिजानाति” (Gita 18.55): Only through devotion can I be truly known. The message is unmistakable. Spiritual realization does not arise from analysis or argument. It emerges through experience - through love, surrender, and inner transformation.

So knowledge informs the mind, but devotion transforms the entire being. Knowledge can describe the Divine, but only experience allows one to encounter the Divine.

Knowledge, therefore, has inherent limitations. It operates through the mind, and however brilliant the mind may be, it remains bound. The Divine is limitless. The finite can point towards the infinite but cannot contain it. This is why spiritual masters throughout time have said that knowledge shows the path, but experience makes one walk it. Knowledge may spark inspiration, but experience ignites realization.

Some seekers express concern that early spiritual experiences feel subtle, fleeting or even imagined. This is natural. A mind trained in logic often questions anything that does not fit within its framework. But with continuous sadhana, inner silence, surrender and above all, Divine Grace, the seeker begins to recognize the difference between imagination and true spiritual experience. Slowly, an unmistakable inner knowing arises, one that belongs not to the mind but to the heart. This is where the journey of transformation starts. Ultimately, spiritual knowledge holds value only when it becomes experiential. Reading the scriptures, listening to teachings, understanding metaphysics - all these are beautiful and necessary beginnings. But they remain incomplete unless they awaken a direct experience within. Knowledge may clarify concepts, but experience dissolves illusions. Knowledge may guide the journey, but experience unites the seeker with the destination.

*“Experience is greater than Knowledge. Whatever you are experiencing is your Truth”, Maitreya Dadashreeji. Visit: <https://www.instagram.com/reel/DRMiwsjiEj1/?igsh=NTBib3FycGx4ZmQw> as Maitreya Dadashreeji helps us understand this better.*

So, while it is wonderful to read, explore, and understand the treasures of true knowledge, one must remember that the ultimate transformation occurs only through experience and experience blossoms only through Divine Grace. The journey is not about accumulating concepts but about awakening the Truth within.

May your path be blessed with clarity, and the Grace of the Divine Light that leads your knowledge to transforming experience!



## Liver Health through Ayurveda

The liver may be a 'non-glamourous' organ, but it plays a vital role in regulating bodily health. The stresses of modern-day life impact the liver negatively and impair its functioning, says **Dr. Sreelatha**. Ayurveda propounds the wisdom of a holistic diet and lifestyle to restore the liver to optimal functioning.

Known as Yakrit in Ayurveda, the liver functions as the body's natural laboratory filtering toxins, aiding digestion, producing bile, regulating metabolism, and supporting immunity.

In today's fast-paced lifestyle marked by irregular meals, processed foods, stress, alcohol intake, and sedentary habits, the liver often becomes overburdened. Fatigue, poor digestion, dull skin, irritability, and sluggish metabolism are common signs that this detox powerhouse needs care and rejuvenation.

Ayurveda, the ancient science of life, offers a holistic approach through diet, lifestyle, herbs, and detoxification therapies to restore liver health and inner balance.

### Functions of the Liver

- Detoxification: Filters toxins and metabolic waste
- Digestion: Produces bile for the digestion of fats
- Metabolism: Regulates energy and blood sugar

- Storage: Stores vitamins, minerals, and iron
- Immunity: Acts as a defense hub

In Ayurveda, the liver is closely associated with Pitta dosha, which governs digestion, transformation, and metabolism. When Pitta is balanced, liver function remains optimal. Excessive spicy foods, alcohol, heat, stress, or anger can aggravate Pitta, leading to inflammation and liver imbalance.

### Signs Your Liver May Need Detox Support

- Persistent heaviness, fatigue, or bloating
- Poor digestion or loss of appetite
- Dull complexion, acne, or skin eruptions
- Bitter taste in the mouth or bad breath
- Anger, irritability, or emotional imbalance
- In advanced stages, yellowish discoloration of skin or eyes

These are gentle reminders that the body is seeking a natural reset.

# Traditional Remedies & Integrated Medicine

## Understanding Liver Toxicity

Ayurveda recognizes Yakrit as the seat of Pitta and a key center of metabolism. When liver function weakens, Agni (digestive fire) declines, paving the way for disorders such as Non-Alcoholic Fatty Liver Disease (NAFLD) and metabolic imbalances.

Major causes include heavy, fat-rich diets, junk food, sugary drinks, obesity, diabetes, certain medications, and lack of physical activity.

### The Ayurvedic approach focuses on:

- Kindling digestive fire
- Eliminating toxins (Ama)
- Cleansing body channels
- Reducing fat and inflammation
- Purifying the blood
- Therapeutic purgation (Virechana)

## Ayurvedic Diet & Lifestyle for Liver Health

### 1. Pitta-Pacifying Diet

- Choose cooling, light, and easily digestible foods:
- Bitter and green vegetables: neem, fenugreek, bitter gourd, spinach
- Indian gooseberry (amla) for rejuvenation
- Warm lemon water in the morning
- Limit oily, spicy, fermented, and fried foods
- Avoid excess alcohol, caffeine, and refined sugar

### Supportive foods:

- Soaked raisins (5–10): Reduce burning sensation and fatigue
- Moringa: Supports digestion, purifies blood, and promotes liver function

### 2. Beneficial Herbs

- Guduchi (Giloy): Hepatoprotective, anti-inflammatory, immune-boosting. Dose: 5–10 g powder or 10–20 ml decoction
- Amalaki (Amla): Rejuvenates liver, reduces fatty infiltration
- Triphala: Gentle detoxifier; balances Pitta. Dose: ½–1 tsp with warm water or milk at night

### 3. Daily Routine (Dinacharya)

- Wake early and drink warm water
- Practice gentle yoga and pranayama
- Eat meals at regular times
- Avoid late-night eating
- Sleep by 10 PM to support liver repair
- Stay physically active; avoid excessive daytime sleep

### 4. Seasonal Detox (Ritu Shodhana)

Periodic detoxification strengthens metabolism and immunity. Virechana (therapeutic purgation) is especially beneficial for Pitta disorders such as acidity, skin conditions, and liver imbalance, and should be done under expert supervision.

## Yoga, Mind & Liver Connection

Emotional health is deeply linked to liver function. Anger, frustration, and chronic stress aggravate Pitta. Practices like Shitali Pranayama, meditation, and twisting yoga postures improve circulation, calm the mind, and support natural liver detoxification. The liver works tirelessly every moment to purify, energize, and protect the body. By embracing Ayurveda's holistic wisdom mindful eating, balanced living, seasonal cleansing, and healing herbs you can restore liver vitality and experience renewed energy, clarity, and wellbeing.



**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.



## Wholesome Winter Nourishment

Simple foods can be powerful healers. Traditional recipes like pearl millet khichdi and turmeric milk nourish digestion, helps joints, and builds immunity proving that everyday meals can also be medicine writes *Maitreyi Jinita Shah*

### Pearl Millet (Bajra) Khichdi with Carom seeds (Ajwain) & Ginger

#### Ingredients (Serves 2 - 3)

- 1 cup pearl millet
- ½ cup split yellow lentils (moong dal)
- 1 inch ginger, grated
- ½ tsp carom seeds (ajwain)
- 1–2 tbsp clarified butter (ghee) or more as preferred
- ½ tsp turmeric powder
- ½ tsp cumin seeds (jeera)
- Salt to taste
- 3 - 4 cups water (adjust depending on desired consistency)
- Fresh coriander leaves for garnish

#### Method

1. Wash and soak pearl millet overnight (or at least 6 hours).
  - Lightly crush it in a mortar-pestle or pulse once in a mixer for better cooking.
2. Wash split yellow lentils and soak for at least 4 -5 hours.

#### 3. Cook the base

- In a pressure cooker or heavy-bottom pot, heat 1 tbsp clarified butter.
- Add cumin seeds and carom seeds; let them splutter.
- Add grated ginger and sauté for a few seconds.

#### 4. Add grains & spices

- Add soaked pearl millet and split yellow lentils.
- Stir in turmeric and salt.

#### 5. Cook Khichdi

- Pour in 3 - 4 cups water.
- Pressure-cook for 5 - 6 whistles (or simmer in a pot for 40 - 45 mins, stirring occasionally).
- The khichdi should be soft and slightly mushy.

#### 6. Finish with clarified butter

#### 7. Serve Hot

- Garnish with fresh coriander.
- Serve with curd, kadhi, or pickle.

**Health Benefits**

- Pearl millet is rich in magnesium, calcium, and iron strengthens bones and helps reduce joint stiffness.
- Carom seed has anti-inflammatory and pain-relieving properties, great for arthritis and winter joint aches.
- Ginger improves circulation, reduces inflammation, and relieves body pains.

**Digestive Support**

- Carom seeds + ginger aid digestion and prevent bloating, making the dish light yet nourishing.

**Immunity & Warmth**

- Pearl millet generates body heat, perfect for winters.
- Split yellow lentils adds protein for strength and immunity.



**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.

**Turmeric & Pepper Milk with Dates**

Turmeric is anti-inflammatory, pepper boosts absorption of curcumin (antioxidant, anti-inflammatory, anticancer, and neuroprotective agent) and dates provide natural warmth and energy.

**Ingredients**

- 1 cup milk (cow/plant-based)
- $\frac{1}{2}$  tsp turmeric powder
- 1 pinch black pepper
- 2 dates, finely chopped
- $\frac{1}{2}$  tsp clarified butter (optional, for joint lubrication)

**Method**

1. Heat milk in a saucepan.
2. Add turmeric, pepper, and dates. Let it simmer for 5 minutes.
3. Stir in clarified butter before serving.
4. Drink warm at night before bed.

Returning to simple, time-honoured foods, we rediscover a quieter, deeper way of healing!

## Rooted in Oneness

*There is always a greater plan at work; we may not see it in the moment, but it is there, unfolding as per the design of the Higher Consciousness, writes **Maitreyi Varsha**. The essence of Creation, she submits, lies in its interdependence and oneness.*



Having been blessed with the planning and upkeep of the landscape at ShantiKshetra Premgiri Ashram, we have planted native trees across the premises to create a natural, jungle-like environment. Over the past three years, these trees have flourished remarkably, many reaching heights of eight metres and more.

Recently, a Chandawa (Macaranga peltata) tree - robust, healthy, and tall suddenly began shedding its foliage. We attended to it with utmost care, using every natural remedy known to us. For a while, the leaf-fall stopped, bringing hope, but soon we realised that no new leaves were emerging. Despite all our efforts, the tree remained exactly as it was - still, silent, merely existing.

Left with no other option, I turned to prayer. I prayed deeply to the Divine and to the tree itself. I spoke to it, wept, pleaded, and sought forgiveness for any unintentional harm that may have been caused from our end. I did everything within my capacity, yet there was no sign of revival. I felt helpless and lost.

Sometime later, I received a call from the ashram informing me that a new structure now known as the 'Kutir' was planned in the very area where this tree stood. We immediately began exploring ways to construct the structure without harming the tree. A few days into these discussions, another call came: the Chandawa tree had fallen on its own.

I was shocked, shaken, and deeply saddened. Other trees around it stood unaffected. It was only this one that had fallen, suddenly and inexplicably. In grief, I sat before my Divine Light (the blessed image of Maitreya Dadashreeji) and asked for the reason. Shortly thereafter, a clear thought arose within me: It sacrificed itself.



Yes, the tree sacrificed itself to make way for the new structure, as we were struggling to find a solution that would protect it. This was not the first time I had witnessed such an occurrence. In 2013, a massive mango tree, perfectly healthy, had unexpectedly collapsed. When Dadashreeji was informed, He simply said that the tree had sacrificed itself for a greater cause. Even then, a structure was being planned there for seekers to meditate.

We are all interdependent, coexisting on this planet as an expression of the One Consciousness. Trees too are intelligent, sentient beings - they perceive, interact, and communicate in ways we are only beginning to understand. As fellow beings, let us remember that respect, love, and care for one another form the very foundation of harmonious living. Peace and love can truly be experienced only when we are aligned and in sync with all of creation.

In this shared consciousness, nothing exists in isolation. We are mutually interdependent and inseparable from one another. Let us awaken to the truth that we are all *One*, arising from the same Source.



In this shared consciousness, nothing exists in isolation.



*Maitreyi Varsha* is a student of life and takes joy in simple things.

# 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 Shailesh Puranik as shared with *Maitreyi Jagruti Gala*.

*Shailesh Puranik (Mitra Shubham) an architect by profession and is deeply involved in the family's real estate business (Puranik Builders) building communities, townships, villas, apartments, bungalows. He was born and brought up in Thane, Mumbai, and lives there with his wife and two children. Shubham and his wife Meenakshi are staunch devotees and have been offering seva at the forefront of Dadashreeji's Maitri Mission for several years.*

**It has been quite a journey for you, from Shailesh to Mitra Shubham. Before you came to Dadashreeji, what was your understanding or experience of the Divine?**

I was always drawn to spirituality. At airports or while travelling, I would pick up spiritual or self-help books. I have read a lot of Osho's work - I'm still a fan of his. Then I came across 'Autobiography of a Yogi', my wife and I read it and became connected to Mahavataar Babaji. For a year or so, we followed Babaji's path quite intensely. We learnt Kriya Yoga from a

German teacher who had come to India and practiced that for over a year.

**And what were you experiencing internally in that phase?**

With Kriya Yoga, my intuition started increasing. I began experiencing subtle inner changes - dreams, intuitions, energetic shifts. Those were my first noticeable inner experiences.

**How did you come across Dadashreeji?**

We attended a chakra workshop by Smita Jayakar. We didn't know her. Under the influence of Babaji's teaching, we were drawn to chakra meditations and decided to attend the workshop. There she said that her Guru was Dadashreeji, and that He was in direct communion with Mahavataar Babaji. That deeply attracted us. We asked about the ashram, found out, and visited in April 2014.

Bodh – I was happening then. I am very fond of my creature comforts and I remember that in those days there was no air-conditioning in the Ashram and we had electricity failure every now and then, in the evenings there were no lights, and we said, "We're never coming back!"

# Tales of Transformation

But the very next month Bodh - II was announced, and we still returned. The ShaktiPravaah process was so intense that my whole body was burning from the heat, yet we completed it even without air-conditioning! After that we just kept flowing with everything. None of the external 'discomforts' mattered and we were drawn to the Ashram repeatedly.

## And when did you first have darshan of Dadashreeji in the physical form?

In Bodh - I itself, though He wasn't going to come as per what a sevak had told me. I wanted to see Him, so I prayed intensely, and my prayers were answered. He gave a brief Darshan during Bodh - I. That was the first time. It felt normal, actually - no mystical experience. He looked like a regular person, but I instantly liked Him. There was something very natural about Him. I just very much liked Dadashreeji as a person, as a human being.

## Sometimes people have a knowing. I was curious.

In my case, there wasn't any sudden mystical moment. But the bond developed quickly. During Bodh II, after the ShaktiPravaah, the connect deepened. . Between May and July 2014, we kept going to the ashram. Guru Purnima came soon after, and by then the bond was fully established. It felt like home.

## What was that feeling for you?

I can't explain it. We were simply drawn. Even though the facilities were minimal, it felt like our place. During Guru Purnima, I saw some sevaks discussing structural issues, and because I'm from that field, I felt responsible, my feeling of belonging and desire to contribute was very strong.

## You've had so many experiences over the years. Can you share some?

It was surreal when I received my spiritual name 'Shubham', from Dada. I was crying, overwhelmed with gratitude, love, and joy. I felt completely transformed inside.

Later, I was a member of a team set up by

Dadashreeji to oversee the governance and functioning of the Parivaar in alignment with His guidance and the path He has shown us. Over time, through the meetings I also got to see different facets of Dadashreeji, not just as a spiritual master but as a leader with immense clarity and wisdom.

There were also -dreams that provided guidance to me in real-life situations. Once in a dream I was warned of a danger during a Dubai program, and that led to cancelling the trip. Another dream occurred before a major false case was levied against me; in that dream, one of the disciples of Dadashreeji saved me, and as it happened in real life, at the crucial moment, he actually came and helped resolve the case. These moments reaffirmed Dada's protection upon me.

## What has seva meant to you?

From day one, it felt natural, as if everything that needed to be done was my work - whether clicking photographs, writing, and singing bhajans, serving water, or helping with audio, it never felt like 'seva'. Even today, if I attend a program and see someone doing something, I feel, "Why am I not doing that? I can do it too." I often complain that I'm not given enough work! It all feels like family - a sense of belonging.

## How does home or life outside the Ashram feel to you now?

Home feels like home, and the Ashram feels like home too. I don't feel the need to choose or leave anything. Both parts of my life blend naturally. In one moment, I'm coordinating for MaitriBodh Parivaar; in another, I'm attending to office matters. It all flows.

## What parts of your journey have been challenging?

Nothing on the spiritual path, never. But my personal and professional life has been very challenging, especially in the last 6 - 7 years. If earlier I would get stressed at level 10 for a small matter, now even when life throws challenges at level 100, my stress stays at 5.

# Tales of Transformation

That is entirely due to Dada's teachings and the guidance through the Divine Light. I've often gone back to the notes to see which teaching applies in a given situation. That has been invaluable.

## How has your spiritual evolution guided your day-to-day life?

I don't know whether I am spiritually evolved or not but I have become more humane in my approach to people and situations. I am more empathetic while dealing with people as told by my colleagues. Even my office staff has noticed the change. My chief architect told me that earlier they would be apprehensive of entering my cabin, hoping my mood was okay, so they would not get firings! Today she is so secure with my presence, she can also share her personal issues. My friend once jokingly said, it seemed that I would leave everything and take sanyas, but after I met Dada, He told me to continue and said I had something precious. The changes are palpable.

## Please share any lesson or realization that has emerged from your journey so far?

Situations don't change. Also, there is no point in trying to change people. You have to become more accommodating, accepting. Your way of looking at situation needs to undergo change.

## What are your daily practices - your personal sadhana?

I chant one mala every day without fail, for many years now. I do the 7 pm Divine Light sadhana regularly. Beyond that, I talk to Dada continuously through good and bad, through work and home situations. It's not a sadhana anymore; it's a part of my being. Sometimes I do meditation or breath watch, depending on what I feel that day. But chanting and constant inner communication with Dada are my core.

## What is the message you would like to share with others seeking spiritual growth?

I can't share a message but this much I can say that have faith in Dada, your Divine. Surrender to His Will.

## What is your dream for the Parivaar in the coming years?

My dream is for Dada to become known across India and the world - just like people speak of Shirdi Sai Baba, for example. Once Dada is established in people's hearts, everything else will flow effortlessly. Dada's Grace must reach millions.



## From Darkness to Light

There was a time when every day felt heavy, and even though I was spiritually inclined, something was missing. There was a sense of incompleteness, sadness, and a constant struggle with studies, work, and self-worth. Depression felt like a silent shadow, growing darker with every rejection in job interviews, adding to the feeling of hopelessness and isolation.

Everything began to change once Dada came into my life. The teachings of Dada through the transformative experience of Bodh I, II, and III marked the start of genuine change. The unique process of Maitri ShaktiPravaah, a deep spiritual energy transfer, cleared long-held obstacles and enabled emotional stability, sharper decision-making, and an awakening within the soul. For the first time, it felt as though unseen hands were lifting me into the light, filling me with a sense of love and completeness that was beyond words.

Support came not just from Dada but from the MaitriBodh Parivaar as well in the form of

maitreyis and mitras whose compassion and gentle encouragement carried me when all seemed lost. Every doubt, each wave of despair, was met by their unwavering faith and loving guidance. Where once there was emptiness, now stands abundance and joy, where rejection was routine, now the job I would dream of became part of my reality. It was as if every door had opened through pure Grace. Looking back, the transformation is breathtaking. The heaviness is gone, replaced by happiness that arises without reason and a sense of gratitude so deep that it is impossible to speak.

This journey, a gift of Dada's Grace and the embrace of the MaitriBodh Parivaar, is nothing short of miraculous and I am sharing it to thank the Divine for every moment of love, guidance, and transformation.

*Dhruv Nischal*



## Presence Beyond Form

I want to share with all of you a beautiful experience our young children had at the *Do-Good Foundation, Aarohan Kendra*.

On Thursday, after the prayer, the children and the teacher sat for the process, 15 minutes of looking at the Divine Light in silence. In this period, each one of them felt something extraordinary. They experienced the same vision - Dada's physical presence with them.

They saw Him without the head cover, with slightly long hair till the neck, and with that beautiful, loving smile. It felt as if He stepped out of the TV screen and was right there among them, blessing them.

When the process ended, all of them had goosebumps. The teacher, who had felt the same presence, initially thought it was her experience alone. But before she could say anything, one child spoke up... then the second... then the third... and one by one, they shared the same experience. She was overwhelmed, because she had felt exactly what they felt.

The children were full of love and excitement while sharing, and the teacher was deeply moved by how beautifully Dada's love touched every heart in the room.

Truly grateful to Dada for being so present in our lives and showering so much love upon us.

*Jasmine Pahwa*



## When Seva Comes The Full Circle

Recently, I was part of a team that travelled across Madhya Pradesh for the Bharat Mahaparivartan Yatra. Each day taught us something new about seva, about our bond with Dadashreeji, and about the loneliness within people. It reminded us why it is so important to take Dadashreeji to those who wait silently for help, to places we have not yet reached, to people who may not even know how to ask yet are longing for support.

A significant aspect of our travel consisted of visits to the jails in the cities we covered. We interacted with the inmates, conducted Maitri Sambodh Dhyan, and offered the blessed image of Maitreya Dadashreeji, the 'Divine Light'. Our prayer was that the inmates find hope again and take steps towards a better life with Dadashreeji's guidance.

A few days ago I received a message from our team that completed the entire experience for me. They told me that a man from Morena, Madhya Pradesh was in the Ratlam jail, where

he was introduced to MaitriBodh Parivaar and Dada by our sevaks. Since then he talks to his Divine Light and follows the practices shared by the sevaks.

He was released today and called us, as he wants to join the MaitriBodh Parivaar .

Reading this, I understood yet again that it is never us. It is always Dadashreeji. It is His Grace that reaches people, His compassion that uplifts them, His presence that gives them a new chance at life. And not just a new life, but a life in which the Divine will walk with them at every step, in every moment.

Moments like these fill the heart with gratitude. They make you want to offer seva even more. They make you want to reach out to people without hesitation, breaking every limitation inside. Very happy. Very grateful.

*Falaksh Desai*

## *Bodh IV - Heal the Soul: Experience Sharing*



### **Touched by the Divine**

Upon enrolling for the Bodh - IV program, I found that surrender was the most difficult aspect of the program for me. I never expected that I would be able to do it because surrender is the most difficult to practice; I thought it would be an impossible challenge of letting go of one's patterns and baggages. The fact that Dadashreeji accepts us with not just what we have accumulated, but also accepts our flaws is something that is so uplifting and empowering. It touched my heart that we could also surrender our flaws to Him.

From my childhood, I remember that my father believed in karma. He believed that if you do good work, good things will happen, but he did not believe in any God. I was the same. I believed only in hard work. I kept working hard, but after achieving a goal, suddenly it felt like, now what? At that time, I felt empty inside. I approached many gurus. I went to all kinds of people, even those involved in black magic. I tried to experience a lot of different things, but nothing really worked for me.

Then one day, I got an opportunity to attend Bodh - I (Awakening to Self - Realisation) which was organised right next to our residential building. That was the first time I felt God's presence. I had a mystical experience during Bodh - I. I didn't share it with anyone at that time because I couldn't believe what had happened. Here we are told that everyone has Divinity within. I felt that Dadashreeji was inside me. I was moving, but it was not me moving, it was Dadashreeji moving. I was trying to move my eyes, but I could not move them. My eyes were fixed. I was so confused. At this moment I couldn't even imagine that Dadashreeji was there nor did I believe it. I had gone to attend Bodh - I only because I had some free time. I did not go with any deep feelings but after experiencing Dadashreeji within things changed for me. I had a sleep problem for many years, and I was taking treatment for it. From that day, my sleep problem disappeared. I experienced God.

We were asked, "What do you believe Dadashreeji to be?" Through my experience, I have seen only one God, and in that mystical experience, I saw Dadashreeji only. There may be many Gods, but I have only experienced Dadashreeji. So, for me, He is truly Divine.

I am thankful for such a platform, the opportunity that Dadashreeji has created for humankind, for those who had lost their way, and for showing them the right path. I am thankful to the MaitriBodh family members who work so selflessly. When I see them, I feel that I should respect everyone, all the sevaks as well.

*My gratitude to everyone.  
Rajesh Solanki*



## Held by Grace

I will do a quick recap of my journey so far and then share my Bodh IV experience. I was a cynic. I asked many questions about almost everything. My family had been a part of MaitriBodh Parivaar for a while but I was averse to becoming a part of the same. I didn't understand what this association meant and had told myself that I would stay as far away as I could.

I lost my father about three years ago. I was studying in the UK at that time, and this life changing moment made me question almost everything. I asked myself, "What is the meaning of life?" "Why am I doing any of this?" My father was the epitome of good health. His passing made me question the point of life. I asked myself, "What am I doing?" "Who am I doing this for?" I was alone for a year after this and went through a great deal of internal struggle. I returned to India for my summer break and my mother had registered the MaitriBodh Parivaar's Spiritual Week program for me. Till the day before coming for it, I was very unsure about why I was even attending it. But something was pulling me here. When I came here, I found it so easy to connect to everyone. There were times when the sevaks had to remind me to be in maun as I would end up talking to anyone and everyone who attended spiritual week with me.

It was profound because all your life you are told that there is God, but I did not experience God till I came to the Ashram. After my break I returned to the UK, things were different. I



started leaving everything to my Divine Light (Dadashreeji's blessed image). I would often playfully blackmail Dada, reminding Him that it was Him doing things through me so whatever the results would be they would be a direct reflection of Him, not me. I used to get all my work done this way, often even the smallest of things.

This year when I returned to India, my first thought was that I needed to attend Bodh IV. As soon as the dates came out, I registered my place for it. I have just started a new job a week ago and was unsure about them approving my leave, but it all happened very smoothly.

Being a youngster, I am often asked, "You are so young, how come you are into spirituality?" In my opinion spirituality is not restricted by age or anything. You just have to flow, and God flows through you. That does not have any age. The earlier you start, the better because being spiritual gives you clarity of thought.

My Bodh IV experience was perfect. I had the best time. It might sound superficial to say that I have fully surrendered myself to Dada, but the surrender process came to me easier than expected because somehow, I was already preparing myself to do this by reminding Dada that He was the doer, not me. So, my experience was amazing. I feel changed from within. I just want to keep flowing!

**Mahek Rathi**



## A Space Where Only Love Exists

Last year, I attended Bodh I, II and III. Subsequently, during Bodh – IV, I saw many familiar faces who were with me at that time. My state during the Spiritual Week was such that I was present here physically but not mentally. Despite that I made some notes and when I look back at them now, I cannot believe that I had written down so many of the teachings taught to us.

Now when I have come for Bodh IV, I feel as if I have transcended my self-created boundaries. Today's session, especially the surrender session was conducted in such a deep, meaningful, and experiential way. Everyone called out for Dadashreeji with open hearts. Everyone here experienced His presence. It felt like the Raas Leela of Shri Krishna, where everyone dances together in Divine joy.

Everyone became absorbed in that bliss. All the blocks and limitations dissolved, and all the souls experienced inner happiness. Everyone present here experienced that we are one soul. At no point did it feel like, "How can I become one with them?" There was no such thought at all. That oneness just happened naturally. The surrender that happened here today; I hope that the same surrender remains established in everyone's life going forward.

I hope that whenever we get the opportunity to attend Bodh - V, each one of us present here does it. I pray that we all keep growing in this transformational journey.

*Thank you!  
Gopal Holani*



## Guided by Trust, Surrounded by Love



Namaste! Hailing from Uttarakhand, I have come to attend Bodh - IV with two of my friends. When I attended the Bodh programs, I had been smoking for, I think, around 30 to 40 years, and I had tried quitting many times. I would quit, but then after six months I would go to a party or a wedding and start again. But this time, I really felt that I had to quit from deep within, I had become very dependent on cigarettes. At night I could not sleep if I didn't have cigarettes. I would even wake up at midnight and search around to see where I could get cigarettes from. When I went for Bodh I and II, I told Dada that I knew that I would be able to quit, but He had to help me by eliminating my urge to smoke again. Now it has been two years since I have had a smoke.

Then Bodh - III happened in Dehradun. The experience was good. Then I attended Bodh

IV. I would like to share my experience about the last session that we did about surrender. I felt like I was in a tunnel and that it was about trust. Dadashreeji held my hand and was taking me somewhere. I kept asking, where I was being taken, to which He replied by asking me to surrender and trust. Eventually I reached a very nice spot and it felt so good being there.

My gratitude to the sevaks and equally to all the participants here. I would also like to add that I have attended many spiritual retreats, meeting people there and often striking a discordant note with some of them. I used to think, how do I avoid them? But here, I didn't meet even a single person like that. I see only love in everyone here. Thank you very much to all participants!

*Shikha Ghildyal*





# A Journey of Faith, Surrender, and Grace

Recently, I had the blessed opportunity to attend Bodh IV (Heal the Soul) at the Ashram, an experience I had eagerly awaited with excitement, longing, and devotion. From the moment I arrived, I could feel a wave of Divine silence embracing me, as if the Ashram itself was alive with sacred energy. The atmosphere was filled with purity, stillness, and an indescribable sense of belonging. I felt as though I had returned home after a very long time.

Bodh IV is a five-day process where various spiritual activities are performed to cleanse, elevate, and transform the seeker from within. From day one, every moment felt precious. There was joy within and the soul was smiling - for no particular reason. Every session, each teaching, and the silence felt like a shower of Grace descending upon my heart. The next morning, I woke up early, guided by an inner calling. As I opened my eyes, I wondered what I should do with that beautiful, quiet hour. Suddenly, I remembered that a havan is offered at the Ashram every day for the welfare of the world (Lok Kalyan Havan). A desire arose within me to participate in that sacred fire ritual, to sit with devotion and offer myself in prayer for peace and healing for all. But immediately, another thought followed, perhaps the Havan was meant for certain designated people, and I might not be able to join in.

Still, something within gently whispered, "Just go."

Trusting that inner voice, I quickly got ready and went to take Darshan of the Shaktipeetham. Standing there before the Divine Mother, my heart bowed in silence. I prayed not for any personal wish, but simply for Grace to stay connected and surrendered. That darshan itself filled me with so much peace, as though Maa was blessing each step ahead.

After the darshan, I started walking towards the Mandapam. And just then, I met a friend who

warmly invited me to join the Havan. I was surprised because I had not mentioned to anyone that I wished to participate. It felt like the Divine was speaking through him, guiding me with such simplicity. With gratitude, I walked inside.

As I slowly entered the Mandapam, I could see people already seated. The Havan was about to begin, and I looked around, searching for a place to sit. Every seat seemed occupied. For a moment, I felt unsure about where I should sit.

And then, as if by miracle, my friend called out to me and pointed toward a seat right at the front, vacant and waiting. I stood there astonished. In a place where every inch is usually filled, a seat remained vacant exactly until I arrived. So many others were already seated and could have taken it, yet nobody did. In that moment, I realized it was Dada's Grace, a Divine arrangement beyond logic.

It felt like Dada had kept that seat reserved, knowing the desire in my heart even before I spoke it. I was overwhelmed, my eyes filled with tears, and all I could feel was gratitude. Truly, Dada listens.

*Dada takes care of everything, even the smallest unspoken prayer.*

We only need faith without the slightest doubt. When we surrender completely, life unfolds in ways more beautiful than we could ever plan. That day, I learned that when we trust, when we let go and allow Divine Will to lead, the journey becomes a miracle.

I am forever grateful for this leela, for the love that surrounds us even when we cannot see it, and for the assurance that we are always held in the arms of the Divine.

*With folded hands,  
In surrender and deep gratitude,  
Jai Dada.  
Sumit Bharadwaj*



## Poem

प्रेम की हर भाषा का सार है दादा  
 इन आंखों का दीदार है दादा  
 अंधेरों का उजाला है दादा  
 डूबते को बचाने आए है दादा  
 मंझदार में फसी नाव को पार लगाने वाले है दादा  
 कृपा बरसाने वाले है दादा  
 जीवन महकाने वाले है दादा  
 हमारे मित्र बन कर हमारे साथ रहते है दादा  
 कठिनाइयों को दूर करते हैं दादा  
 हमें सत्य मार्ग की ओर ले जाते है दादा

## Meaning:

Dada is the essence of love in every language.

Dada is the blessed vision these eyes behold.

Dada is the light that dispels all darkness.

Dada has come to save those who are drowning.

Dada is the one who guides a boat stranded midstream safely across.

Dada is the one who showers Grace.

Dada is the one who fills life with fragrance.

Dada lives with us as our friend.

Dada removes our difficulties.

Dada leads us on the path of truth.

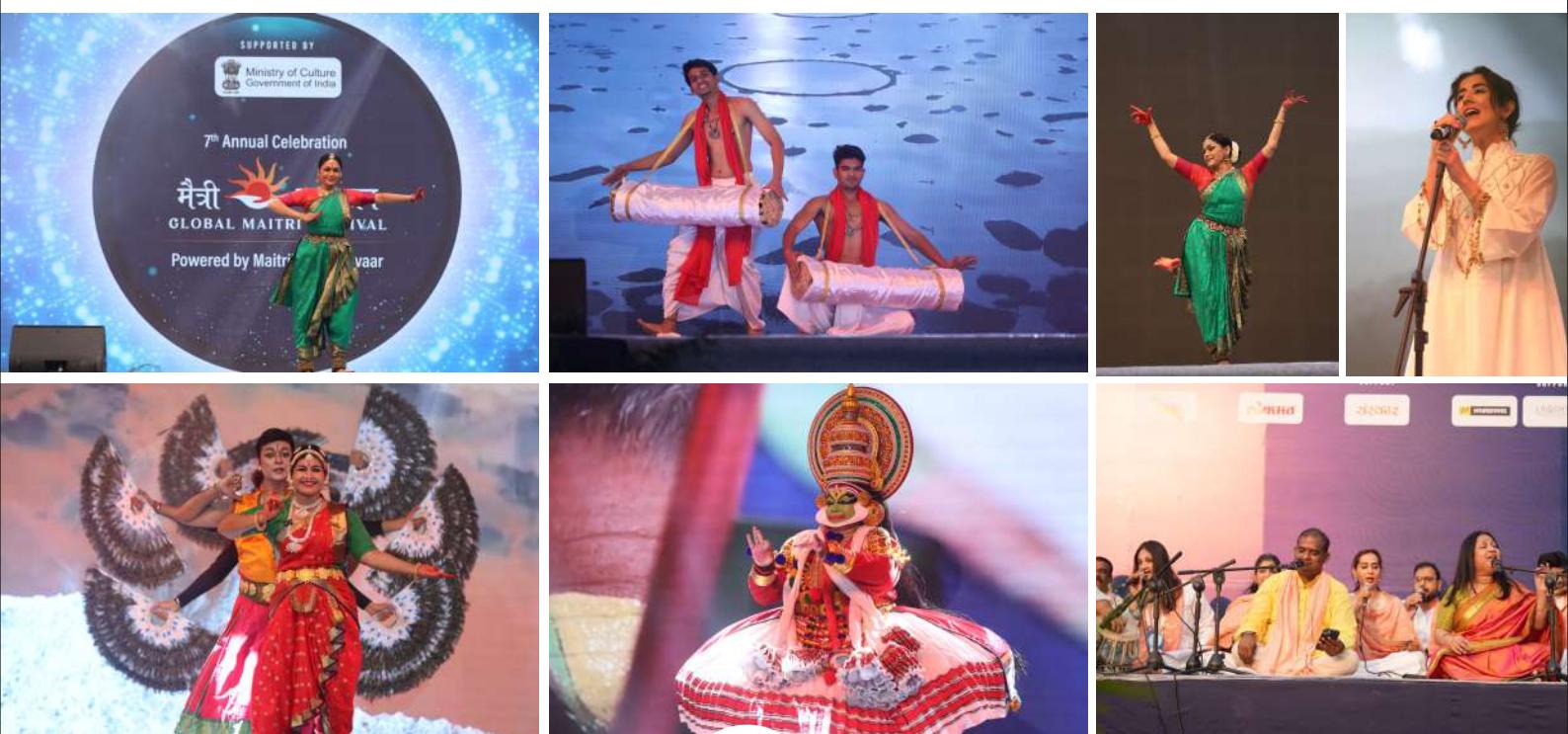
Subeena Mehra



## Global Maitri Festival

*Unites 10,000+ in Seva, Sanskriti, and Spirituality  
on 27th December*

The 7th annual *Global Maitri Festival* 2025, held at the Police Parade Ground, brought together over 10,000 participants, reaffirming its place as one of the year's leading culture and consciousness driven gatherings. Guided by the presence of *Maitreya Dadashreeji*, Founder of MaitriBodh Parivaar, the festival stood as a vibrant celebration of Bharat's timeless sanskriti, supported by the *Ministry of Culture, Government of India*, in its mission to take India's civilisational wisdom to the world.







Delivering the keynote address under the *Chinta Mukt Bharat 2032* initiative, Dadashreeji offered deep insights into mental well-being, unity, and inner empowerment. His profoundly moving discourse bringing many in the audience to tears highlighted the role of mindful action in shaping life. He shared, "Life is shaped by the actions we take. A Chinta Mukt life begins with awareness of those actions. When the core is empowered, thoughts find direction and right action follows naturally."

The festival was graced by *Shri Prataprao Jadhav*, Union Minister of AYUSH, Family and Health Care, who expressed strong support for the initiative. Emphasising preventive and holistic health, he stated, "The Ministry of AYUSH focuses not only on treatment but on prevention and sustained mental empowerment through Yoga, Ayurveda, naturopathy, and meditation time-tested paths to emotional balance and resilience."<sup>4</sup>

A significant highlight of the event was the launch of *Beyond Enlightenment Towards Transformation*, a book series compiling the teachings and philosophy of Maitreya Dadashreeji. The first two volumes were unveiled by veteran actors *Jackie Shroff*, *Smita Jayakar*, and *Rajeev Khandekar*, Senior Executive Vice President, ABP News Network marking a milestone in the journey of collective transformation.

*Shri Gopal Krishna Aggarwal*, National Spokesperson (BJP – Economic Affairs) and Patron of the Maitri Cultural Economy Summit, the festival's cultural partner, spoke on the power of a culture-driven economy, shaped by five key pillars: *Performance, Potential, Path, Planning, and Policy*.

The cultural soul of Bharat was brought alive through *Ashta Disha*, a spectacular presentation featuring over 60 dancers, celebrating the nation's diversity and depth. The festival also featured eminent Bharatanatyam exponents *Padmashri Shovana Narayan* and *Smt. Rama Vaidyanathan*, renowned singer *Jonita Gandhi*, and acclaimed theatre personalities *Makarand Deshpande* and *Aaditi Pohankar*.

With participation from seekers, volunteers, thought leaders, dignitaries, and families from across India and the world, *Global Maitri Festival 2025* reaffirmed its role as a powerful platform for sanskritic revival, mental well-being, and social transformation.

To be a part of this movement, connect with *MaitriBodh Parivaar* at 8929 707 222 or visit [www.matribodh.org](http://www.matribodh.org)



## Dev Uthani Ekadashi: A Day of Awakening and Grace

Dev Uthani Ekadashi was celebrated with deep devotion at ShantiKshetra Premgiri Ashram on 2nd November. It is revered as the sacred day of awakening, when *Lord Narayan* awakens from *Yog Nidra* after four months (Chaturmas) and bestows abundant grace upon devotees. It is believed that on this auspicious day, the Divine opens His eyes, allowing seekers to receive *bountiful, generous, and boundless blessings*.

Unlike other times when karma, sanskars, mental patterns, and inner blocks may limit the flow of grace, Devuthani Ekadashi offers a rare spiritual opening where *Divine Grace can be received directly and completely*. The day transcends intellectual understanding and is celebrated in the purity of Prem Bhaav, embodying love, Maitri, and deep devotion.

At our Ashram, the occasion was marked by special sacred rituals, including the *Trimitra Puja*, enabling devotees to receive the grace of three powerful Divine Forms for the current time - *Divine Light, Shree Mani Mukut, and the Divine Padukas*. Set amidst the vibrant energy of the *Palkhi* and *procession*, devotees joyously marked the awakening of *Lord Narayan* after the four-month celestial slumber, creating an atmosphere charged with faith, reverence, and celebration.

The event culminated in a celestial and joyous reunion of *Premaswaroopini Shree Ādishakti Mahākāli Mā* and her son, *Mahavishnu roopam Maitreya Dadashreeji* - a divine experience witnessed for the first time by mesmerised devotees, leaving hearts filled with awe, reverence and gratitude.





## Dev Diksha - Navi Mumbai, Pune, Thane

Under the Grace and Guidance of Maitreya Dadashreeji, the profound spiritual process of *Dev Diksha* (देव-दीक्षा) was conducted for the first time in Navi Mumbai on 9th November 2025. It was also held in Pune on 7th December followed by Thane on 14th December.

Dev Diksha offers seekers an opportunity to experience *Bhagwat Kripa*, clear obstacles on the path of one's life purpose, and align deeply with Divine Consciousness. The sacred process unfolded in an atmosphere of reverence and inner stillness, touching hearts and awakening deeper awareness.

On this auspicious occasion, 197 seekers were blessed, marking a significant milestone in Navi Mumbai's spiritual journey, with 77 seekers in Pune and 114 in Thane.

## Event Coverage



## *Maitri Sanskar Principals' Summit: Propagation of Values as the Bedrock of our Education System*

Maitri Sanskar hosted its first-ever Principals' Summit, bringing together principals, trustees, and educators from Gurugram and Sohna for a meaningful exchange rooted in reflection and shared purpose.

What began as a formal conclave soon evolved into a space of fellowship, where conversations moved beyond pedagogy to reaffirm a timeless truth - education finds its true meaning when guided by empathy, integrity, and purpose. Voices from diverse institutions echoed a shared understanding that values are not merely taught but lived.

Aligned with *Maitreya Dadashreeji's* five sanskars and the vision of NEP 2020, the summit highlighted how quiet, sincere leadership can transform classrooms into spaces of awareness, compassion, and conscious learning.

As this transformation takes root, its impact is already visible in renewed teacher engagement, attentive students, and vibrant learning environments reminding us that when schools, families, and communities walk together, education becomes a journey of awakening and wisdom.

We offer our gratitude to *Dadashreeji* for inspiring a values-led movement that touches both mind and heart.

*To know more about our Value Education Program - Maitri Sanskar please follow:  
<https://www.instagram.com/p/D0vbd3aiD9E/?igsh=MTJiZ3R1NzJiOHh0Ng>*

## YGPT: Building Awareness, Strengthening Minds

As part of YGPT's ongoing efforts to support emotional well-being and self-awareness, a series of interactive sessions were conducted across multiple cities during the months of November and December. The sessions focused on *Stress Management, High Five to Life, and Youth Bodh*, offering participants practical tools for mindful living, positive thinking, and inner clarity.

The sessions were held at institutions and organisations including *PCTE Group of Institutes and Christian Medical College, Ludhiana; Shaileendra College; Maher NGO, Mumbai; Indian Institute of Creative Sciences, Delhi; Mann Foundation; and KC Law College*.

Bringing together students, educators, and community members, each session encouraged reflection, dialogue, and experiential learning. Overall, YGPT connected with over 500 individuals, strengthening awareness around mental well-being, life skills, and conscious living.



## Flood Relief Efforts in Punjab

With the blessings and guidance of Maitreya Dadashreeji, YGPT and MaitriBodh sevaks extended compassionate support to flood-affected communities in Punjab in August 2025.

Their dedicated relief and rehabilitation efforts were formally recognised by the administration with an *Appreciation Honour plaque*.

The *Commissioner of Ludhiana* expressed gratitude to the MaitriBodh Parivaar for their timely humanitarian service during a period of great need.

Heartfelt appreciation to *Team YGPT and all MaitriBodh sevaks*, whose seva, offered with love and devotion, brought hope and relief to many.



## *Maitri Oorja*

### *A Path of Renewal, Energy, and Inner Harmony through Yog*

*"The aim is to harmonise the physical body with the spiritual growth one is currently experiencing or is about to embrace on one's transformation journey." - Maitreya Dadashreeji*

Guided by the vision of *Maitreya Dadashreeji*, *Maitri Oorja* is the yoga offering of *Maitribodh Parivaar*, created to harmonise the physical body with one's ongoing spiritual growth. Introduced earlier this year, it supports holistic transformation by gently addressing the physical, emotional, mental, and spiritual dimensions of well-being.

On International Yoga Day, *Maitri Oorja* expanded with regular online yoga sessions, making this journey accessible to seekers across the country. Led by trained and compassionate *Maitri Oorja* Yog teachers, the sessions are inclusive, safe, and suitable for beginners as well as experienced practitioners.

*Maitreya Dadashreeji* reminds us that spiritual growth also brings subtle changes within the physical body, making *yog* an essential preparation for deeper inner transformation. *Maitri Oorja* offers not just practice, but a supportive community encouraging participants to grow with patience, discipline, and awareness.

With plans to expand soon to the *Americas* and *Europe*, *Maitri Oorja* continues to project this vision globally.

*Online classes are offered every month. Register at: [www.maitribodh.org/register](http://www.maitribodh.org/register)*

#### **Voices from the Mat**

*"The classes gently pushed me to commit to my fitness. Despite long hours in the operation theatre and constant physical strain, the guidance and patience of the instructors made all the difference. I am deeply grateful and look forward to continuing this journey"*

***Dr. Sangeeta Shetty***

*"I feel lighter and calmer. My flexibility has improved, and every session feels refreshing and effective. I truly feel the difference"*

***Harshal***

*"After trying gyms, diets and recorded sessions, I could never remain consistent. *Maitri Oorja* changed that. The live conductors helped me overcome my self-consciousness, and for the first time, I feel at peace with my body and genuinely excited to continue."*

***Dr. Meenu Virdi***

*"Maitri Oorja is magical – my body aches and heaviness melted away, leaving me calm and light. With Dadashreeji's grace, every session feels deeply healing and transformative."*

***Shraddha Mankame More, IT Engineer & Entrepreneur***

# Spreading the Message of *Ek Bharat Hum Bharat*, *Maitri & Chinta Mukt Bharat*

*Mumbai, Pune, Delhi, Amritsar*

Powerful Flashmobs and Nukkad Nataks transformed bustling public spaces in Mumbai, Pune, Delhi, Amritsar and across regions pan India into moments of collective awareness. The performances compelled passers-by to pause, gather, and engage.

The vibrant flashmob seamlessly led into a thought-provoking street play, conveying the message of *Maitri Bhaav* and *Chinta Mukt Bharat*, highlighting the need for emotional well-being and human connection. The audiences' attentive presence and heartfelt applause reflected the impact of the message.

Spirited padyatras saw volunteers move through the streets, echoing the call '*Ek Bharat, Hum Bharat*', sharing a message to embrace the power of unity, love, and peace for a stronger and more harmonious India.



## Jaipur Foot & Assistive Aids Fitment Camp

From 18th to 21st December 2025, the MaitriBodh Parivaar, under its *Maitri Adarsh Gram* initiative, successfully organised an *Artificial Limbs and Assistive Aids Fitment Camp* at *ShantiKshetra Premgiri Ashram*. The camp was envisioned as a compassionate outreach to differently abled individuals, enabling mobility, independence, and confidence free of cost and delivered with dignity.

This meaningful initiative was made possible through the generous support of *Tata AutoComp Systems* and *Shri Bhagawan Mahaveer Viklang Sahayata Samiti, Indore*, in collaboration with *MaitriBodh Parivaar*. A team of experienced medical professionals and expert technicians carried out detailed assessments, precise fittings, and personalised guidance, ensuring that rehabilitation not mere distribution remained at the heart of the effort.

### Beneficiaries and Impact

The four-day camp served 119 beneficiaries from across *Raigad district* and various regions of *Maharashtra*, reflecting the growing trust and outreach of the initiative. In total, 131 assistive devices were provided, including bilateral support wherever medically required.

- *Jaipur Foot (Artificial Limbs)*: 16 beneficiaries
- *Callipers*: 37 beneficiaries (including 12 bilateral cases; 49 devices)
- *Crutches*: 11 beneficiaries
- *Hearing Aids*: 35 beneficiaries
- *Wheelchairs*: 20 beneficiaries

### Seva in Its True Spirit

Rooted in empathy and thoughtful organisation, the camp emerged as a space of hope, healing, and renewal, where service translated into visible transformation. Volunteers and coordinators ensured seamless execution while upholding respect and compassion for every individual served. Through initiatives such as this, *MaitriBodh Parivaar* continues to turn intent into action restoring mobility, rebuilding confidence, and nurturing a more inclusive society through selfless seva.



## Annual Sports Day Celebration

*Sneh Sanskar Gurukul, Kamathpada*



The Annual Sports Day of *Sneh Sanskar Gurukul* was celebrated with great enthusiasm on 25 December 2025, transforming the Gurukul campus into a vibrant space of joy, energy, and sportsmanship. Students, parents, teachers, and dignitaries came together to celebrate physical fitness, teamwork, and positive values.

The presence of the chief guests added inspiration to the event as they interacted warmly with the students, encouraging confidence and participation. A range of well-organised sports competitions saw 64 students participate with discipline, determination, and team spirit, delighting all present.

The event was supported by six dedicated YGPT volunteers, whose guidance and enthusiasm played a key role in its success. The cheerful presence of around 50 parents, along with devotees from across the globe residing at the ShantiKshetra Premgiri Ashram, further elevated the celebrations.

The Sports Day stood as a joyful and memorable occasion, reinforcing the values of unity, health, and happiness at *Sneh Sanskar Gurukul*.

## *Inauguration of Solar Panels at Kamdhenu Gau Dhaam*



*Maharashtra Gau Seva Adhyaksh, Mr. Shekhar Mundada visited Kamdhenu Gau Dhaam at ShantiKshetra Premgiri Ashram on 30th July 2025, for the inauguration of newly installed solar panels. He acknowledged Kam Dhenu Gaushala as the first gaushala to go solar, appreciating its commitment to sustainable practices.*

The visit was attended by dignitaries, Raigarh District Gaushala members, and community leaders. Mr. Mundada shared insights on the *spiritual significance of cow care*, emphasising compassion, connection, and awareness. A collective Sankalp (pledge) of “देवी गौ माता वंश की वृद्धि हो” (May the lineage of our indigenous cows grow and flourish) was taken in his presence by 40 participants reflecting a shared commitment to *animal welfare, sustainability, and spiritual growth*.



# *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!*



[MAITRIBODH.ORG](http://MAITRIBODH.ORG)

## Programs &amp; Offerings

*Upcoming Events*

Event	Date	Venue
Maitri Chitta Shuddhi Kriya (MCSK)	16 <sup>th</sup> – 18 <sup>th</sup> Jan 2026	ShantiKshetra Premgiri Ashram
Devi Saraswati Puja	23 <sup>rd</sup> Jan 2026	ShantiKshetra Premgiri Ashram
Mahashivratri	15 <sup>th</sup> Feb 2026	ShantiKshetra Premgiri Ashram
Saat Din Saat Saadhna (SDSS)	16 <sup>th</sup> – 22 <sup>nd</sup> Feb 2026	ShantiKshetra Premgiri Ashram
Ram Navami	27 <sup>th</sup> March 2026	ShantiKshetra Premgiri Ashram

*For queries related to:*

Spiritual Programs please contact - 9815109394  
 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.

“

*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.*

”

Maitreya Dadashreeji

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For Soul Nourishing Centres Visit  
[www.maitribodhusa.org/centres](http://www.maitribodhusa.org/centres)

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