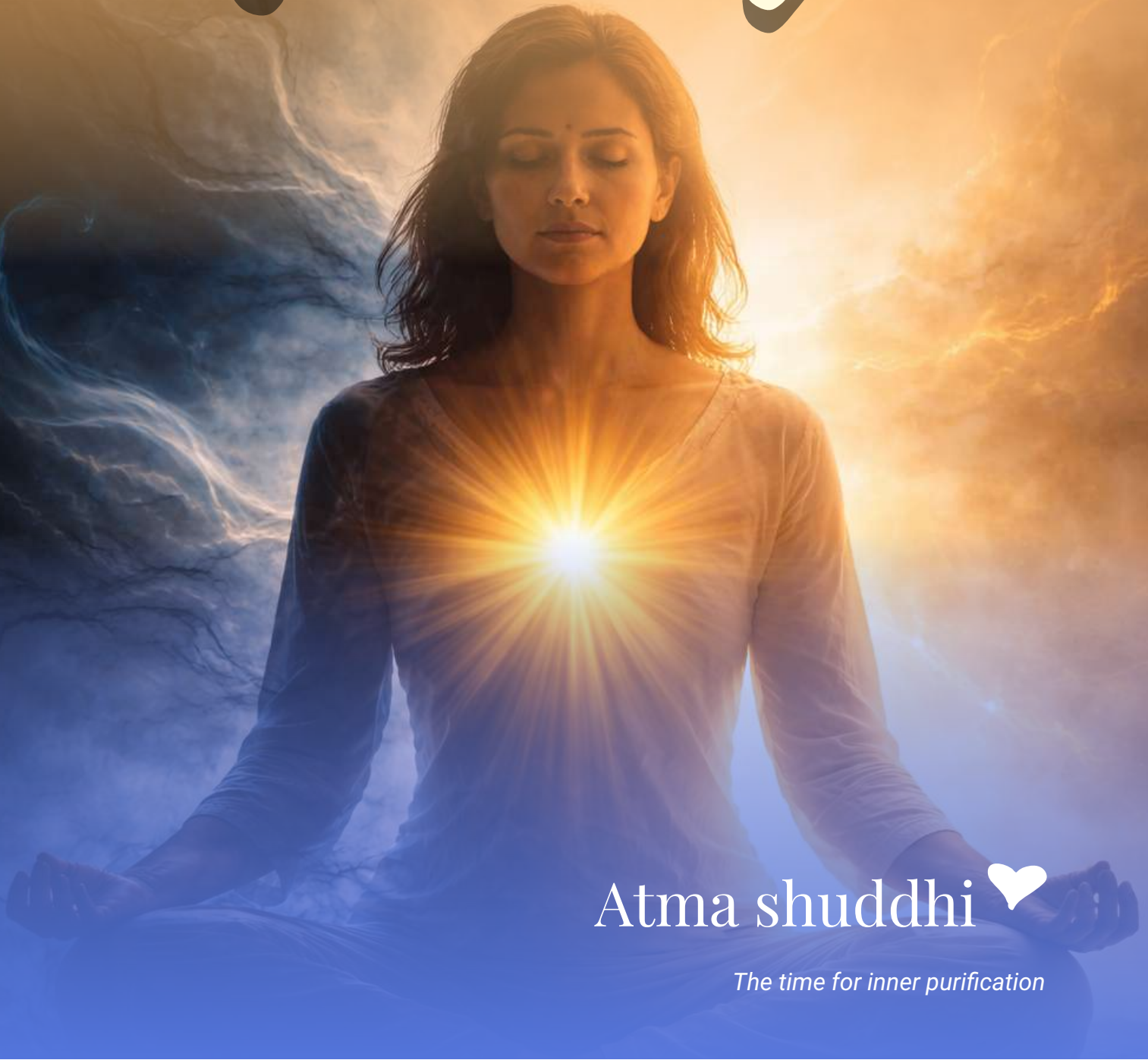


MAITRI
Anahita



Atma shuddhi 

The time for inner purification

Food for the Soul
Grow by Asking 10

Health And Wellness
Traditional Remedies &
Integrated Medicine 10



Nature & Environment
The Conscious Cosmos 14

MaitriBodh Parivaar
Tales of Transformation 16

dear Loved Ones,

Dear Ones,

Namaste and Warm Greetings!

As we step into the gentle warmth of April, nature quietly reminds us of renewal, transformation, and inner blossoming. Just as the earth sheds the stillness of winter and moves towards growth, this is also an invitation for each one of us to turn inward and experience our own Atma Shuddhi – inner purification and awakening.

Maitreya Dadashreeji often reminds us that true transformation begins from within. The process of inner manthan – the churning within – may sometimes feel intense, yet, it is through this churning that impurities rise and dissolve, allowing the nectar of wisdom, compassion, and clarity to emerge. When purity flows from within, it naturally reflects in our words, actions, and relationships. This month's edition is dedicated to the theme of Inner Purification.

Under Pearls of Wisdom, we invite you to read Maitreya Dadashreeji's insightful article on the purification of our daily communication. Our words carry powerful vibrations, and when purified, they become instruments of healing, harmony, and spiritual upliftment.

As the month of March witnessed the sacred festival of Navratri, we also bring to you its deeper spiritual significance and auspiciousness in the Vedic context through our column *Grow by Asking*, reminding us of the triumph of inner light over darkness. Under *Conscious Cosmos*, we share insights on detoxification of our environment.

The sacred occasion of *Ram Navami* brought immense joy and grace, as Maitreya Dadashreeji blessed devotees and seekers across the globe with infinite love and compassion. We also invite you to rejoice in this edition with heartfelt experiences shared by devotees during '*Spiritual Week*' and '*Saat Din Saat Sadhana*'.

As we move through this powerful time of transformation, may we embrace inner purification with openness and faith.

May we collectively move toward the Divine Age with purity in our hearts!



*With Love & Light,
Team Maitri Anahita*

content

Food for the Soul

Pearls of Wisdom **04**

Grow by Asking **08**

Health & Wellness

Traditional Remedies &
Integrated Medicine **10**

Mindful Morsels **12**

Nature & Environment

The Conscious Cosmos **14**

MaitriBodh Parivaar

Tales of Transformation **16**

Devotees' Experiences **19**

Musings **25**

MBP Programs & Offerings **43**

PEARLS OF WISDOM

Tune in to Divine Wisdom!



THE CONSCIOUS COSMOS

A journey towards a healthier planet!



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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We are expanding our Team and inviting volunteers who wish to offer seva for our in-house Publications Team. Individuals with a flair and passion for reading and writing are encouraged to participate and contribute. If you are interested in being a part of this noble initiative for MaitriBodh Parivaar, please write to us at hcm@maitribodh.org.

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Talk Less and Pray More!

Dear Friends!

A cook knows recipes, a singer knows music notes, and a surgeon knows surgery. Yet, despite being gifted with the ability to speak, many people do not understand how to communicate effectively or know how much to say or when to say it. This often-overlooked skill is vital to our lives. We tend to focus only on what we want to say, without considering how we say it or how it will be received. Some may think communication is simple—just speak as you wish—but the real challenge is in how our words affect others and our own lives. When things go wrong, we question our words and their impact. Recognising this is the first step towards transformation. If we do not allow ourselves to improve our communication, we will continue to face difficulties because of our choice of words and tone.

What if life provided a clear script for effective interaction—helping us choose the right tone, words, and fostering healthy relationships and happiness? Of course, no one has such a guide, so the only option is to transform how we interact. Communication is complex, involving many aspects, but let us focus on one essential aspect relevant today. Why do we share or speak with others?

By now, you all know that we all communicate, consciously or unconsciously, often with a purpose in mind. We share with our dear and near ones what we feel, and we say something to others about what we think. There are some strong relations in life we want to grow with, and there are some weak relations we want to spend some time with. In all these, the common thing is our expectations of them; obviously, this expectation is more from our loved ones to listen to and understand our emotions well. And this expectation varies from person to person. I want her or him to understand me fully and act in line with my emotions. It is very important for us to understand the emotions hidden beneath our words so that we can bring about the change we need to empower ourselves. What we feel right and want my person or friends to feel the same way about is bothersome. It is disturbing, especially when it concerns important life decisions.

In these times, if your life disturbance is caused by what you said or shared, please read this message thoroughly, understand it, and implement it to

Pearls of Wisdom

achieve a peaceful outcome. Be wise and speak! I know the next question is: what is being wise, or what makes one a wise person? Let us not delve into it, as it is very abstract and technically difficult to understand. Hence, to avoid this cerebral exercise, we will keep it simple. We, being not so wise, keep our words limited to what we actually want to convey. Hence, we are saying 'Talk Less', no matter how intellectual you are.

The moment you decide to talk less or limit yourself to what is actually required, you avoid conflicts. Most of the time, you will end up avoiding harsh words in your conversations. This gives the other person an opportunity to understand you well, rather than focusing on the wrong, accusatory words you might have used. Talking less will keep the conversation healthy, peaceful and positive.

The 'less' suggests you are avoiding more. There are no extra stories about others when the topic is about your emotions. This will be the greatest help that you can offer to yourself and your friend. It stops unwarranted gossiping. It neither helped anyone earlier, nor will it help you now. The only thing gossip does is drain your energy, leaving you feeling weak and vulnerable. Hence, "Talk Less!"

The greatest challenge is trying to persuade someone who will never grasp your wiser advice, and instead putting you through an interrogation. You're attempting to teach him Japanese, but he responds in Spanish. You point at the moon, but he focuses only on your finger.

Once, a newly admitted student at a gurukul ashram attempted to teach the master about cosmic intelligence, feeling that he knew more than the master. He began correcting the master during the class. The compassionate master continued teaching him patiently, despite the student's arguments, insisting, "I will go and find another master, as you don't have proper knowledge." The master patiently explained, and the other students too tried to convince the student, but to no avail. This caused a disturbance throughout the gurukul, as the student believed he was superior to everyone, including the master. Eventually, driven by ego and discontent, he left the ashram. Sometimes, despite your efforts, people may never understand you. In such cases, the best you can do is to pray—your words may fall short, but your prayers can work wonders.

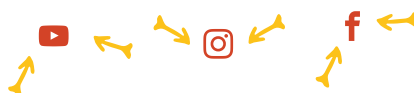
If anything surpasses words in power, it is a prayer. Therefore, conserve your energy by speaking less and devote it to prayer. This is what everyone should focus on now.

MaitriBodh Parivaar always believes more in prayers than in talking.

Pray with love and purity! You will transform yourself and all around you.

Love and Blessings! 
Maitreya Dadashreeji

**More about Dadashreeji,
click here:**



Buddha Purnima

with Maitreya

जीवन-मुक्ति के परे, परिवर्तन की ओर



FRIDAY
1ST MAY

SAVE THE DATE



LIVE
ONLINE
EVENT



Buddha Purnima with Maitreya

जीवन-मुक्ति के परे, परिवर्तन की ओर

A special online program to experience the Transformed state of Lord Buddha in the presence of Prem Avataar Maitreya Dadashreeji!!

FRIDAY, 1st MAY || LIVE ONLINE EVENT



Divine Calling

Preparing for the New World

Connect to your inner **strength, stability,** and **confidence** in these **challenging times**. Be part of a **life-changing event** with Love Incarnate Maitreya Dadashreeji. Follow your inner calling.

22 April - London
26 April - Rosenheim

MATRIBODH.EU/DIVINE-CALLING

Significance of Navratri – A Vedic Perspective

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

Mitra Sut shares the significance of Navratri- Nine Days of worship of the Divine Mother in the Vedic context.

Significance of Navratri – A Vedic Perspective

Navratri, meaning "nine nights" (Sanskrit: *nava* = nine, *ratri* = nights), is not merely a festival but a deeply transformative spiritual process rooted in the timeless wisdom of the Vedas and Bharat's ancient culture. Considered an extremely ancient tradition, Navratri is closely connected to seasonal transitions and inner spiritual evolution. It is referenced in sacred texts such as the Devi Mahatmya of the Markandeya Purana, which narrates the victory of the Divine Mother over Mahishasura. Similarly, the Ramayana describes Lord Rama worshipping Goddess Durga for nine nights before attaining victory over Ravana.

Navratri occurs four times a year according to the Hindu lunar calendar, marking seasonal changes. Of these, Sharad Navratri (autumn) and Chaitra Navratri (spring) are widely celebrated, while Magha and Ashadha Navratris are known as "Gupt" or hidden Navratris.

From a Vedic perspective, Navratri represents the inner journey of a seeker—from darkness to light, from the lower self to the Higher Self, and from fragmentation to wholeness. In Vedic philosophy, all creation is understood as a manifestation of Shakti—the dynamic, creative power of Brahman, the Absolute. While Brahman is the formless, unchanging reality,

Shakti is its expressive force that creates, sustains, and dissolves the universe.

This understanding is beautifully expressed in one of the most ancient Vedic texts -the Devi Sukta of the Rigveda (Mandala 10, Sukta 125), revealed by the Rishika Vak Ambhrini. In this hymn, the Divine Mother speaks as the universal consciousness, declaring her presence within all gods and all creation. This profound realization establishes that the Divine Mother is not separate from existence—She is existence itself. Navratri thus becomes a celebration of this primordial energy that resides within every being.

Over time, this philosophical understanding evolved into Shaktism, a major spiritual tradition in which the ultimate reality is revered as Adi Parashakti—the primordial feminine energy. One of the most powerful expressions of this tradition is the Durga Saptashati (Devi Mahatmya), a revered 700-verse scripture describing the triumph of the Divine Mother over various demons, symbolizing the victory of Dharma over Adharma.

The Durga Saptashati is divided into three sections representing stages of inner transformation. The first, dedicated to Mahakali, symbolizes the removal of inertia and ignorance. The second, dedicated to





Mahalakshmi, represents the transformation of dynamic energy into purposeful action aligned with Dharma. The third, dedicated to Mahasaraswati, symbolizes the destruction of subtle ego and the establishment of wisdom and clarity. These demons represent internal negativities such as ego, anger, greed, and delusion, while the Goddess represents awakened consciousness. The tenth day, Vijaya Dashami, signifies the ultimate victory of Divine consciousness over ignorance.

Each day of Navratri honors a different form of Shakti:

- Day 1 - **Maa Shailaputri:** Beginning of spiritual awakening
- Day 2 - **Maa Brahmacharini:** Tapasya, patience, and wisdom
- Day 3 - **Maa Chandraghanta:** Removal of obstacles and negativity
- Day 4 - **Maa Kushmanda:** Source of creation and vitality
- Day 5 - **Maa Skandamata:** Motherly love and divine radiance
- Day 6 - **Maa Katyayani:** Strength as a warrior and fulfilment of life goals
- Day 7 - **Maa Kalaratri:** Destruction of fear and ignorance
- Day 8 - **Maa Mahagauri:** Purification and inner peace

Day 9 - **Maa Siddhidatri:** Spiritual powers and liberation

Each form represents a stage in the seeker's spiritual evolution and is worshipped with specific rituals and mantras.

Navratri is therefore not merely to be celebrated, but to be experienced. It is an opportunity for inner purification, surrender, and transformation. Through devotion to the Divine Mother, grace unfolds, consciousness expands, and one moves closer to realizing the highest Truth.

At ShantiKshetra Premgiri Ashram, Karjat, the Shaktipeetham—Energy Centre Temple—is regarded as a hub of cosmic power where Divine Mother Premswaroopini Shree Adishakti Mahakali Maa resides. For the MaitriBodh Parivaar, as revealed by Divine Friend Maitreya Dadashreeji, She is the source of Maitri Yog, guiding humanity toward love, peace, and transformation.

(Readers to please note: it is important that sacred texts such as Devi Mahatmya/ Durga Saptshati, are to be chanted only under a Guru's guidance)



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



Women's Hormonal Health through the lens of Ayurveda

Ayurveda recognizes that women's health needs to be approached holistically and any issues need a systemic approach rather than just symptomatic treatment.

A Journey toward Balance, Rhythm, and Inner Intelligence

Hormones are often described as chemical messengers, but they exert a far greater impact in a woman's life. They govern rhythm, mood, fertility, vitality, creativity, and even intuition. Ayurveda, the ancient science of life, offers a profound and compassionate understanding of women's hormonal health—one that goes beyond symptom management and addresses the root of imbalances.

The Ayurvedic View of Hormonal Harmony

In Ayurveda, hormonal health is not seen as an isolated endocrine function. It is an expression of the harmonious functioning of Agni (digestive and metabolic fire), Dhatus (body tissues), Srotas (channels), and Manas (mind), all governed by the Tridoshas—Vata, Pitta, and Kapha.

Any disturbance in digestion, lifestyle, emotions, or routine first affects Rasa Dhatu

(nutritive plasma) and gradually reflects as hormonal imbalance.

Thus, irregular cycles, painful menstruation, PMS (Pre-Menstrual Syndrome), PCOS, infertility, thyroid imbalance, or menopausal disturbances are not merely "hormonal problems" but signals of systemic disharmony.

Common Hormonal Imbalances: An Ayurvedic Perspective

- *Painful or Irregular Periods (Kashtartava / Anartava)*
Often linked to Vata vitiation due to irregular routines, stress, excessive fasting, or insufficient nourishment.
- *Heavy Bleeding (Raktapradara)*
A manifestation of aggravated Pitta, commonly worsened by spicy foods, emotional anger, or excessive heat exposure.
- *PCOS & Metabolic Hormonal Disorders*
Seen as Kapha-Vata imbalance with Meda

Traditional Remedies & Integrated Medicine

Dhatu dushti (Imbalance in fat tissue) and Mandagni (low metabolic fire), resulting in cyst formation and cycle irregularity.

- **Thyroid Imbalances**
Reflect impaired Agni and blocked Srotas (Channels), often influenced by chronic stress and erratic eating patterns.
- **Menopausal Symptoms**
Primarily Vata-driven, with depletion of Dhatus leading to dryness, anxiety, palpitations, and sleep disturbances.

Ahara: Food as Hormonal Medicine

- **Nourish the Fire:** Eat warm, freshly cooked, seasonal foods. Avoid "ice-cold" drinks which extinguish the digestive fire (Agni).
- **Healthy Fats:** Ghee, sesame oil, and coconut oil nourish Ojas (vitality) and provide the essential building blocks for hormone production.
- **Healing Spices:** Use cumin, turmeric, coriander, and fennel. These improve digestion and "cleanse" the blood while preventing inflammation.
- **Mindful Eating:** Honor nourishment over calorie obsession. Regular meal timings stabilize insulin and cortisol patterns.

Vihara: Lifestyle That Respects Feminine Rhythms

Modern life often pushes women into constant productivity, ignoring biological cycles. Ayurveda reminds us that rest is not laziness; it is medicine.

- **Dinacharya (Daily Routine):** Waking and eating at consistent times stabilizes the nervous system.
- **Abhyanga (Self-Massage):** Massaging the body with warm sesame oil calms Vata and moves lymphatic fluid.
- **Pranayama & Meditation:** These are not "optional add-ons"—they are core hormonal therapies that regulate the mind-endocrine connection.



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.

Manas and Hormones: The Mind-Endocrine Connection

Ayurveda recognized long before modern science that emotional health deeply influences hormones. Chronic stress, fear, grief, or suppressed emotions disturb doshas, directly affecting menstrual and thyroid functions.

Practices such as Abhyanga (oil massage), Pranayama, Meditation, and cultivating emotional awareness are not optional add-ons—they are core hormonal therapies.

Rasayana: Sustaining Hormonal Vitality

For long-term hormonal health, Ayurveda emphasizes Rasayana therapy, which rejuvenates tissues and supports graceful transitions through life phases. Herbs, diet, conduct, and mindset together build Ojas, the essence of immunity, vitality, and emotional stability. This involves using specific herbs like Shatavari or Ashwagandha alongside a life of "Right Conduct"—cultivating peace, honesty, and compassion.

Ayurveda's Message to Modern Women

Ayurveda does not ask women to fight their hormones—it teaches them to listen. Symptoms are not enemies but messengers, inviting correction in lifestyle, nourishment, and emotional care.

In a world that demands women to perform relentlessly, Ayurveda gently reminds us that balance is power, rhythm is strength, and nourishment is wisdom.

By honoring the body's natural intelligence, women can experience hormonal health not as a struggle, but as a state of sustained harmony—rooted in nature, guided by awareness, and supported by timeless Ayurvedic wisdom.



The Divine Carousel

The Divine Light turns into the Divine Whisperer in guiding **Aparna Dedhia** to rustle up a delightful dish of masoor dal kebabs, crisp on the outside, soft on the inside!

The carousel of healthy snacks had begun its usual spin—quinoa khichdi, masala oats, makhana bhel. Each sounded worthy and nutritious, yet faintly dutiful in that familiar “diet food” way.

So, I paused and asked my inner guide—my Divine Light—what should it be today?

Makhanas? Out of stock.
Oats? Ate them yesterday.
Quinoa? Too earnest... but not exactly exciting today, at least not in my mind.

That left the dependable masoor dal sitting patiently in the pantry. *How can anyone not fall in love with these pretty pink lentils, modest in size yet power-packed with nutrients?* Lentils rarely demand attention, yet give them the right treatment and they rise beautifully to the occasion.

I soaked the dal for four hours and crushed it lightly—aiming for a coarse texture rather than a smooth paste, just enough to bind the spirit of the dish. In went crumbled paneer, finely

chopped onions, sharp green chillies, and grated carrots, all brought together with a spoonful of gram flour and a quiet chorus of everyday spices.

Recipe: Masoor & Paneer High-Protein Kababs

Vegetarian | Protein Rich | Light Meal or Snack

Ingredients

For the Kababs

- 1 cup masoor dal (soaked 4–5 hours)
- 100 g paneer, crumbled
- 1 small onion, finely chopped
- 1 small carrot, grated
- 2 tbsp besan (gram flour)
- 2 green chillies, finely chopped
- ½ tsp red chilli powder
- ½ tsp garam masala
- Salt to taste
- 1–2 tbsp oil for shallow frying

For the Spicy Garlic Dip

- ½ cup hung curd
- 2 cloves garlic, crushed
- Salt to taste

Mindful Morsels

- 1 tsp chilli oil or chilli tempering
- Fresh coriander
- Pomegranate pearls (optional)

Method

- Drain the soaked masoor dal and pulse it lightly in a mixer until coarse. Do not make a smooth paste.
- Coarsely grind the dal with onion, carrot, chillies, coriander, mint leaves.
- Next add besan (gram flour), crumbled paneer and the dry masalas.
- Shape into small, flat kababs.
- Shallow fry on a pan with minimal oil until crisp and golden on both sides.
- For the dip, whisk hung curd with garlic, salt and chilli oil. Garnish with coriander and pomegranate.

Approximate Nutrition

Per serving (3 kababs with dip):

- Calories: ~210–230 kcal
- Protein: ~12–14 g
- Carbohydrates: ~18 g
- Fat: ~8 g

A wholesome snack that is filling without feeling heavy

I served the kababs warm, crisp outside and soft within. The chilli garlic dip brought the playful contrast—creamy, sharp and pleasantly fiery.

And as I set the plate down and offered the first kabab to my Divine Light, I could sense it

nodding in approval—for the effort, for the small spark of kitchen innovation, and for listening closely to that quiet inner suggestion.

And so today the carousel finally stopped - at *kababs: crunchy, snacky and quick*, just as the Divine whisper had suggested.



How can anyone
not fall in love
with these pretty
pink lentils,
modest in size
yet power-
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Aparna Dedhia, guided by the grace of Maitreya Dadashreeji, blends spiritual seeking with creative storytelling in her writing, she is a Content and Communications Director at INT Aditya Birla Centre for Performing Arts (INTABCPA), Aditya Birla Group.



Natural Ways to Detox Indoor Spaces

Lifestyle consumption within homes has led to an unseen danger, viz., indoor air pollution which has harmful impact on human health. Maitreyi Rasika writes how tapping into the wisdom of the traditional way of keeping our homes provides an answer without sacrificing the comforts provided by modern homes.

Every ecosystem depends on clean air. Forests filter it, oceans regulate it, and soil organisms transform it. But what about the ecosystem inside our homes? Behind painted walls and polished furniture lies another environment shaped by synthetic fragrances, plastics, and chemical cleaners. We have engineered our indoor air – but not always wisely.

Modern homes contain many sources of indoor pollutants. Cleaning sprays, synthetic air fresheners, plastic furniture, laminated wood, mosquito repellents, detergents, and freshly painted walls release microscopic chemical particles known as Volatile Organic Compounds (VOCs). These chemicals evaporate easily at room temperature and

mix with the air we breathe. Unlike outdoor pollution, indoor pollution is invisible and continuous. Since we spend a significant portion of our time indoors, this exposure becomes important to address.

When inhaled, VOCs enter the bloodstream through the lungs and may cause headaches, throat irritation, nausea, and long-term respiratory discomfort. Over time, continuous exposure may also weaken the immune system. Ironically, the “clean smell” we enjoy often comes from synthetic fragrance molecules designed to linger in the air. Truly clean air, however, has no artificial scent.

Before chemical cleaners became common, homes were maintained using simple, natural

The Conscious Cosmos

methods. Cleanliness relied on airflow, sunlight, and biodegradable ingredients rather than artificial fragrances. Lime-washed walls, mud flooring, open courtyards, and natural ventilation allowed homes to function like breathing systems. Lime plaster naturally reduces microbial growth, while mud surfaces regulate moisture and prevent mould.

Sunlight and airflow remain two of nature's most effective disinfectants. Allowing fresh air to circulate reduces airborne pollutants and humidity. Simple daily practices can make a difference: opening windows for cross-ventilation, allowing sunlight into rooms, sun-drying bedding weekly, and using exhaust fans while cooking. A home that breathes stays healthier.

Indoor plants also contribute to cleaner air. Plants such as areca palm, snake plant, money plant, peace lily, and tulsi help absorb trace pollutants and balance humidity. Beyond their air-purifying role, plants also create a calming environment and support mental well-being.

Natural cleaning alternatives further reduce indoor toxins. Neem-based cleaners offer antibacterial properties and can be used for mopping floors. Citrus bio-enzymes made from fermented fruit peels act as natural degreasers and are biodegradable. Reetha (soapnut) and shikakai contain natural saponins that clean gently without releasing harmful fumes. These traditional cleaners are not only effective but also environmentally friendly.

Another traditional practice is the use of herbal smoke such as sambrani or natural dhoop. When used in moderation and well-ventilated spaces, certain herbal smokes may help reduce airborne microbes. However, it is important to avoid synthetic incense sticks, which may release additional chemicals.

The air inside our homes shapes our health in subtle ways. Clean air does not carry perfume or sparkle – it simply allows the body to function naturally. By combining traditional wisdom with conscious choices, we can create indoor spaces that support both comfort and well-being.



Tapping into the wisdom of traditional practices for keeping the air inside our homes fresh and clean offers a natural and effective solution—one that preserves harmony with nature without sacrificing the comforts of modern living.



Maitreyi Rasika is a PhD in Biotechnology and works as a Research Scientist, driven by curiosity and a passion for discovery. Beyond her profession, she is a student of life who finds joy, inspiration, and inner peace in nature.

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.

*This month we bring to you the metamorphosis of **Maitreyi Sebanti** as shared with **Maitreyi Jagruti Gala**.*

Beginning her professional journey at 21 as a trainee at Standard Chartered Bank, Sebanti ji went on to hold roles at Lafarge, Dell International Services, Virgin Mobile, and Hutchison Global Services. Over the years, she moved from sales to customer service before specializing in learning and development, covering areas such as communication, voice and accent training, and later process and behavioral training. In 2012, seeking greater fulfillment and work-life balance during her two daughters' pivotal school years, she transitioned from full-time employment to freelancing. Sebanti ji is happily married to a 'fantastic person' and they live in Mumbai.

What were the events that brought you to Maitreya Dadashreeji?

Looking back, my spiritual path began early in life within a family that was spiritual rather than strictly religious. My mother and especially my grandmother's devotion, through Bengali devotional music, deeply affected me even as a teenager. At the age of 26, I was initiated by Ramakrishna Mission, however, in a few years, I felt disconnected with the practices given to me.

In 2014, I attended an unexpected event about Maitreya Dadashreeji and MaitriBodh Parivaar through a dear friend. Although initially hesitant about meditation, I was surprised to find myself fully immersed in the session. This experience led me to attend a two-day program at the ashram, where I found Dadashreeji's teachings to be simple and authentic, aligning perfectly with values I held dear. The transition felt natural, resonating with my earlier spiritual influences from Ramakrishna Mission.

Speaking of alignment of beliefs, can you share the emotions you experienced during the program at the ashram?

Peaceful. mentally and internally, I was at peace. The only question that I had asked Dada was about Thakur Ramakrishna, Sarada Ma and Swamiji. And I had asked if Dada was aware of them and their teachings? Dada paused briefly, as if He was connecting with someone, and said, "We are all one". And that's about it.

I also want to put something on record here about ShaktiPravaah, because there are a lot of individuals like me. I did not have any kind of mystical experience. There are people who say that they saw this, they saw that – I saw nothing. I received the Shakti Pravaah, and it was a calming, peaceful experience. I was

Tales of Transformation

asked to lie down and I probably dozed off. Upon waking, I was still peaceful, calm and nice, nothing mystical – but a lasting calm where there were no questions. Yes, it was an extremely fulfilling experience.

How did you come into Seva?

Towards the end of the Bodh, the sevak team came to share about the work that MaitriBodh Parivaar was engaged in and asked for people who wanted to offer Seva. Someone described about transformation in corporates, and with my background in that, my arm shot up in a second and so I was in Seva from my very first day!

You have been with the Parivaar for 12 years. What would be a metaphor that captures your journey over this period?

You know, in Japan, they glue broken parts of pottery with gold and that becomes a piece of art. So yeah, that is something that comes to mind.

And what is that gold, metaphorically?

That is His love.

What do you experience when you say that is His love.

His guidance shapes my life, both in small moments and major events. I consistently feel His intervention and presence, especially during challenges. In difficult times, faith and experience reassure me that He is with me, allowing me to accept uncertainty and trust in how things unfold.

Through twelve years of seva—I witnessed His extraordinary patience as He lovingly reshaped my understanding. If asked for proof of Divinity, I would point to this enduring patience; no ordinary person could have extended that to me.

You've only met Him a few times, yet you feel a constant connection. How do you interpret this ongoing sense of His presence?

A true connection is a powerful bond, allowing you to sense another's presence and emotions without direct interaction. For me, this connection merged the inner Divine with the physical

form of Maitreya Dadashreeji after meeting Dada—though it took a couple of months, not immediately. The bond, which centers around visualizing Dadashreeji's lotus feet, brings peace, calmness, love, guidance, and inspiration. Maintaining this focus gives me the strength and clarity I need in my creative work and public speaking.

There are two parts to experiencing this connection, technique and Grace. The technique I learned involves instantly connecting with love using a visual cue, though it may not work for everyone. However, the ability to truly feel and benefit from that love is ultimately a matter of Grace.

You mentioned feeling peace at first, and that connecting with your Inner Divine took several months. Was there anything notable about the moment you finally made the connection, or was it a gradual, subtle process?

It was a subtle transition. The form of my Inner Divine was the physical form of Sri Ramakishna. But at some point, it became Dada. And I even went to the Ramakrishna Mission, Belur Math, the headquarters. I sat in front of the Divine form of Thakur, and I asked Him, Am I on the right path? I got a resounding yes, which was a knowing, not a voice. I have never looked back after that.

Over the past 12 years, you've faced significant grief and health challenges. How have these experiences influenced your spiritual growth, and what was your experience of Maitreya's presence during that time?

In 2017, during Maitreya's Antarmukh state, I lost my only brother to a heart attack. Two days before his passing, I dreamed of Dada comforting me, which prepared me emotionally for the loss and helped me support my parents. When I learned of my brother's death, I questioned the Divine but ultimately found comfort by embracing Dadashreeji's image, feeling an enduring sense of Divine presence in my grief.

Later, when my husband was diagnosed with cancer during the COVID period, Dada's guidance manifested in a different form—He

Tales of Transformation

connected us with a supportive community from MaitriBodh Parivaar, including doctors and well-wishers. Their collective care enabled me to stay calm and make vital decisions, keeping our family stable and uplifted by Divine Grace throughout these challenges.

What are the changes that you noticed in your outlook towards people and relationships after association with Dadashreeji and MaitriBodh Parivaar.

Heightened awareness has shown me that everyone we meet—friends, family, even strangers—offers us opportunities to learn and grow. I've realized the value of understanding others' thoughts and feelings, not just through words, but also through body language and presence. Recognizing my own judgments helps me respond with more compassion and patience as I connect with others on their journeys.

Feedback from friends and loved ones suggests I've become calmer and more approachable, often encouraging people to open up about personal struggles. I attribute this shift partly to my iListenU training but mostly, to a greater sense of inner calm due to the presence of my Dada within me. In my close relationships, especially with my husband, children, parents, and mother-in-law, my acceptance and understanding have grown, though I'm still working on being more understanding.

My inspiration for offering seva (service) emerged from a desire to foster deeper values in the corporate world. Volunteering provided an avenue for meaningful work and personal development. Over time, this work gave me direction, fulfillment, and a sense of purpose; it has become integral to my identity. I find deep satisfaction in helping others, hoping to awaken the Divine within them and guide them towards happiness and fulfillment in their workplaces. I wish for this work to deepen beyond surface-level trainings to truly impactful engagement.

You referred to a change of mindset when starting Seva, replacing your prior knowledge.

Can you explain what happened?

With nearly fifteen years of training experience, I approached my work with quiet confidence. However, my first session with MaitriBodh was a complete failure due to factors beyond my control. Even with subsequent opportunities through MaitriBodh Parivaar, I struggled to make an impact, largely because I didn't fully understand the content—heartfulness—or how to deliver it effectively.

This led me to question my abilities, prompting a candid conversation with the Divine during which He encouraged me to not compare myself to others and a promise to train me personally. Instead of traditional classroom instruction, life events—including the loss of my brother—became His tools of delivery. Through these experiences, I internalized Divine's teachings in ways that conventional classrooms never could.

Before, facilitation felt like a performance; now, it's about authenticity and meaningful connection. My focus is on sharing genuine experiences and building honest connections without pressure, simply engaging heart to heart.

What would this transformed version of Sebanti, if she met her earlier version, say to her now?

Give her a hug and reassure her that everything will be okay. Despite the pain Sebanti endured, He held me together. All I can offer now is love and compassion, and to remind her that things will be well.

What has MaitriBodh Parivaar given you?

MaitriBodh Parivaar has provided me with meaning, purpose, and direction. Spiritually, it has offered fulfillment; intellectually, it's given me valuable insights, though there is always more to learn. Emotionally, I've found stability, strength, and lasting friendships—true family connections. The community has also fulfilled my aspiration for leadership and a sense of belonging. Altogether, MaitriBodh Parivaar has enriched my life on many levels.



♥ *The Alchemy of the Divine Light*

My spiritual journey began with awareness of the presence of Mahavatar Babaji in 1999. Three years later, I met my Guru and started following His guidance. When I was invited by a Mitra from MaitriBodha parivaar to attend Bodh I, my first response was hesitation as I was already immersed in my spiritual practices as bestowed by my Guru. However the Divine had other plans. The Divine Light had entered my life and our home.

However, the quiet alchemy of the Divine Light revealed itself through my father. A deeply pious man yet untouched by rituals, he had earlier declined the sacred Divine Light. But when the afore mentioned mitra placed the Divine Light in his hands, he accepted it and kept it close to him until his final days. Often, when it slipped from his frail grasp, my young son would instinctively pick it up and return it with care—a gentle transmission of sanskar across three generations.

When I decided to attend the Samadhi Samaroh of Namdeoiji in Pandharpur

(Maharashtra), my father expressed a wish to meet his muh boli (sworn or adopted) sister whom we had never visited before. She resided in the same town. As we set out to locate her house, the "play" of the Divine Light unfolded: we suddenly saw her approaching us on the road, accompanied by her caretaker. My father watched her quietly and said, "For me this is my Vitthala Darshan."

To me, that moment revealed the deeper working of the Divine Light. It was not directing him toward a temple, but towards the bond of hearts. Within a month, he peacefully left his body. In those final weeks, Grace seemed to gather the people he loved and place them gently before him.

Having witnessed this quiet alchemy across three generations, I feel it is now time for me to return these love and Divine blessings bestowed on me and my family to all around,

Prashant Gite



The Grace of Silence

As a "first-bencher" student, I lived with my head down - focused, introverted, and purely analytical. At that time, I was a strictly academic non-believer who associated "God" only with suffering. When the time came for my PhD, I decided to pivot toward the unconventional: studying the role of silence in shaping character.

As I delved into Indian philosophy and Anahad Dhvani—the inner, eternal sound—my research ceased to be a mere thesis and became a personal metamorphosis. During this deep immersion, my inner voice finally broke through the academic noise. I found myself saying, "Shiva will take care of everything." It was a startling realization for a former skeptic, yet in that moment, I became a devout seeker of Shiva. By the end of my doctorate, the distance of the classroom had dissolved; my research guide had become my Guru, and my logic had dissolved into devotion.

This journey into silence even paved the way for my marriage. My father had worried about

how someone like me—so deeply immersed in solitude—would find anyone who truly understood me. Yet, when I met my husband, our deepest connection was rooted in spirituality and the quiet, sacred spaces we both held dear.

Through his family, who have been with MaitriBodh Parivaar since its inception in 2013, I was finally led here. I have always been happy in my own solitude, yet after five days in this environment, I find I do not want to go back. The subject I once analysed under a microscope—silence—has finally become a true experience. I have learned that when you stop analysing and start surrendering, faith is no longer just an idea; it is the only truth.

I now see that my academic search for silence was merely a preparation for this moment. I look forward to walking the path of the MaitriBodh Parivaar, where the stillness I once studied finally meets the Grace I now experience.

Vartika Agrawal



The Turning Point



I got married five years ago during the lockdown, so due to the restrictions we couldn't invite my aunt's family, a member of the MaitriBodh Parivaar and who I am close to. By 2022, I had a daughter, but my marriage was not successful.

In 2024, we decided to part ways. I left my marital home with my daughter, and for a year, she was shuffled back and forth. My parents were skeptical and worried about the societal reaction. Throughout this, I kept asking myself: "Why is this happening to me? I am a good human being, , and I abide by everyone."

During this time, my aunt had an intuition. She told her husband to talk to my father about the Divine Light. At first, I just kept it on my bedside and I didn't yet realize I should connect with it.. My parents tried to manifest a wish through the Divine Light for me to return to my marital home; when that wish wasn't fulfilled, they thought the connection had failed and tucked the Divine Light away.

Later, my aunt visited us and was adamant. This time, she gave a Divine Light only to me and asked if I was truly communicating with it. A few months later, my aunt and uncle invited me to the Spiritual Week. I was skeptical; I had a new job and needed to be financially independent, not a burden on my parents. But they were insistent, and in January, I booked my tickets.

Coming here has been the best decision of my life. I have found my answers through Dadashreeji and Mahavatar Babaji. In a space with people who don't judge and who truly understand me, all the detritus of the divorce and separation has been wiped clean. I realize it was the Divine Light that quietly guided me here—not to fulfil my parents' wish for the past, but to lead me toward my own healing and a profound, lightness of being. Today, I no longer look back at what was lost, but look forward with a spirit that is finally, wonderfully free.

Anonymous



The Power Of Surrender to Divine Grace

Fifteen years ago, a property and financial dispute between my father and his business partner spiraled into a bitter legal battle. As their names were on the title, the conflict moved from workplace to the District and Sessions Court. At the time, my professional responsibilities required constant travel across India and abroad; I missed several hearings, naively hoping the matter would somehow be resolved mutually between my father and his business partner.

Instead, the case escalated to the High Court. The judge took note of my absences, and suddenly, the threat of a two-to-three-year prison sentence became a terrifying reality. Despite hiring a senior counsel at great expense, the outlook remained grim. Even the experts expected a conviction.

My wife remained my anchor. She insisted I carry the Divine Light with me, urging me to pivot from legal strategy to spiritual surrender.

As I stood in that courtroom, listening to lawyers discuss my potential sentence, I closed my eyes. I spoke inwardly to Dadashreeji, handing the burden of my struggles over to Divine Light entirely. Against every worldly probability, the judge dismissed the entire case. A fifteen-year conflict evaporated in a moment. I learned then that when every earthly path is blocked, Grace quietly writes a different ending for one's Highest good.

Ashish Katara

Heartfelt experiences from 'Saat Din Saath Sadhana' - The transformational seven day retreat at ShantiKshetra Premgiri Ashram held in March

"My name is Ritesh, I have come from Patna. I participated in the Bodh I, II, and III events, immediately followed with the '7 Din, 7 Sadhana' program, I encountered an experience which no one has experienced in the presence of a Guru. In that moment, I saw him as a manifestation of Narayana himself. A brilliant, white radiating halo formed an aura around him, and his countenance shone with a light as piercing as the sun. I found myself moved to tears, overwhelmed by a reality I had never before imagined: the experience of the divine in human form." It was the moment my soul finally recognized what my eyes had been searching for all along."

Rithesh Yadav

My name is Pandurang. As a neurologist, I am often asked how a man of science embarks on a spiritual path. The truth is, in my medical practice, I have witnessed countless "miraculous" recoveries and life-or-death situations where medicine reached its limit and Divine intervention began. Divinity is all around us, yet we often hide behind the "masks" and facades of our social identities—the "I am" that the world perceives. In MaitriBodh Parivaar, we are taught the truth: we all are one.

In this journey, love is the only true currency. The more you offer, the more you receive in return. For many, intellectual knowledge is a point of pride, but I have realized that this very knowledge can become a roadblock, hampering true spiritual progress. Dadashreeji does not prescribe complicated rituals or the study of ancient Vedas; his teaching is simple—follow what you feel in your heart. If your expression is rooted in love, the connection with him is effortless.

I have come to see the Divine Light as a living entity. Whether you are sharing your happiness or navigating a challenge, the Divine communicates back. I am 100% convinced that while the "win" or "loss" of a situation is one outcome, the courage required to face that outcome is a gift Dadashreeji consistently provides.

During the "7 Din, 7 Sadhana" program at the Ashram, I decided to test this connection. As others shared their testimonials, I spoke to the Divine: "I want a gift that is solely mine—not a common gift given to everyone, but something personal and unique." With only two days left in the session, the Divine answered my prayer in the most profound way possible. I received the ultimate gift: Dada's heart.

As I looked at the small, red-coloured heart pinned to my kurta—a physical manifestation of a spiritual truth gifted by Dadashreeji. It was the ultimate signature of his grace. In that moment, the neurologist's mind finally stood still, and the seeker's heart began to beat. I realized that in receiving Dada's heart, I had finally, for the first time, found my own."

Pandurang Wattamwar

Event Coverage

My name is Bela. I travelled to Karjat for MahaShivratri and then attended the Saat Din, Saat Sadhana program with a singular, persistent question weighing on my mind: How can the Divine manifest within a physical, human form? I spent the first two days fervently seeking a logical answer to this spiritual mystery, my intellect acting as a barrier to the experience itself.

The answer, however, did not come through logic; it arrived as a total physical upheaval. For two days, my entire body was racked with unbearable pain, centered intensely in my hips. As I tossed and turned, unable to find a moment of relief, my sleep was invaded by vivid, recurring dreams. I saw my 37-year-old son as a small child, and I was perpetually getting him ready to be "sent off." It was as if my subconscious was finally stripping away a deep, maternal attachment—a hidden burden I had carried for decades.

Despite guidance from the mitras to remain as an observer, the agony reached an excruciating peak. In that moment of total exhaustion, I finally bypassed my intellect and spoke directly to Dadashreeji:

"I accept your Divinity. I surrender to you. Please, absolve me of this pain. I am in complete agreement now."

The shift was instantaneous. The moment I replaced my "questioning" with "absolute acceptance," the pain vanished. I woke on the fourth day to a profound, mind-boggling sense of calm. As my daughter, Nikita Giriya (Team Vayu), noted: my true journey had finally begun. The concepts that had once blocked my progress had been cleared away by the fire of the experience itself.

This transformation culminated in a deeply personal miracle. My wedding anniversary fell on February 21st, it was the following day that brought the ultimate gift. I was blessed with a powerful, silent communion with Dadashreeji. In a single, meaningful and blessed glance, a world of communication passed between us. In that look, all my questions were answered. I am now certain that when we stop asking "how" and start saying "yes," the Divine reveals itself fully.

Bela Giria

My experience of the Soul Nourishing Retreat

Attending the Soul Nourishing Retreat was a challenging path I chose to walk. It felt like a roller coaster ride of emotions, healing, and transformation. Yet, this path was never mine alone, as I was guided and supported by many amazing and beautiful souls along the way.

As a cancer patient who is still undergoing medication, the processes I experienced during the retreat gave me profound strength, renewed energy, and a deep sense of healing.

There were some mystical experiences that touched me at my soul level. In one such experience during a process, I felt as if something heavy and painful was being released from within me.

After returning to Malaysia, I attended my regular monthly appointment with my oncologist. As soon as I entered his office, he looked at me joyfully and said that my tumor markers had reduced to 50%. When I shared that I just returned from a spiritual retreat in India, he said it was good to be on the spiritual path as it would help divert my mind from the

health issue and cultivate my inner strength and confidence.

Then he looked at me and said, "Don't worry about yourself, it is my job to treat you". In that moment, I no longer saw him as my doctor. For a brief second, I felt as though Dadashreeji was sitting there, delivering this message, filling my heart with confidence and deep inner peace.

This journey has shown me that healing unfolds at many levels. While medical science supports my body, spirituality has strengthened my mind and soul. Through faith, surrender, and Divine Grace, I will continue to walk on this path with gratitude and inner peace.

To my beloved Dadashreeji, thank you for being my friend and for guiding me throughout this journey.

Thank you, Dada! Thank you, Dada! Thank you, Dada!

Anonymous



Navratri and Ram Navami Celebrations at ShantiKshetra Premgiri Ashram

The powerful Navratri homas over nine auspicious days in our Ashram culminated in the beautiful Ram Navami Celebrations. The Divine Darshan of Prem Avataar Maitreya Dadashreeji became a truly one-of-a-kind experience, with grace flowing through every moment of the day.

The day began with the Ram Navami Sankalp Pooja, held under the divine grace of Maitreya Dadashreeji, with a deeply meaningful sankalp. This sacred ritual was offered to nurture relationships rooted in lasting harmony, love, and understanding.

At the auspicious Shubh Muhurat of 12:27, in alignment with the sacred tithi, a Siddh-Mantra blessed by Maitreya Dadashreeji was released on YouTube, reaching hearts far and wide, to imbibe the Divine qualities of Shree Ram.

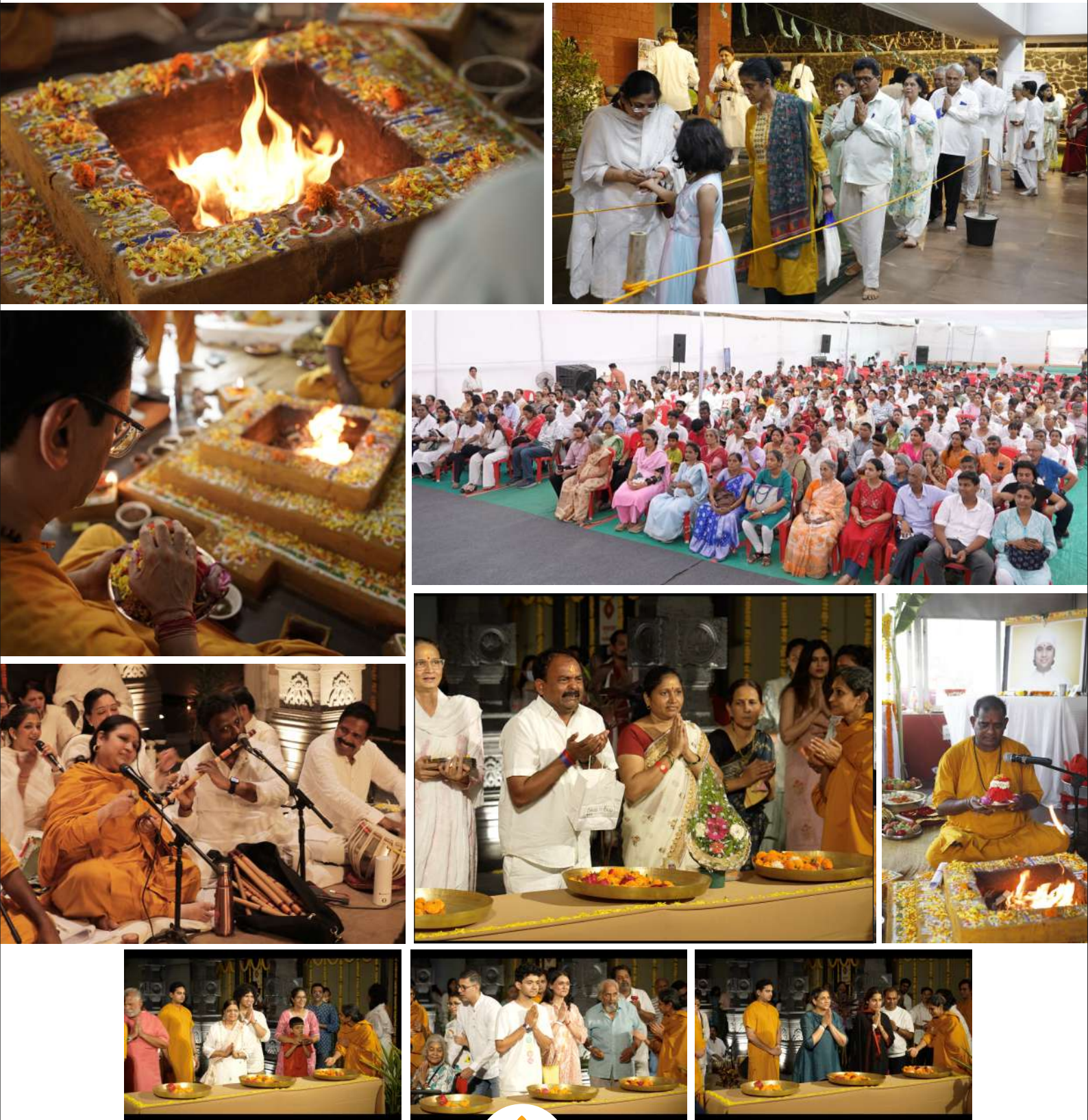
The darshan unfolded in a beautifully guided journey. Thousands gathered, gently preparing their inner being, followed by Divine Light energizing process. This was followed by a sacred entry into the Kutir, a blessed space for both physical and astral cleansing. Devotees there witnessed the Paduka Abhishekam, a deeply revered offering at the lotus feet of the Divine.

Moving ahead, devotees offered aahutis in the havan, seeking release from inner blocks and opening themselves to grace. With the blessings of Shree Ram darbar in the Mandapam and Premaswaroopini Shree Adishakti Mahakali Maa in the ShaktiPeetham, they finally entered the Dhyan Manthan Kshetra for the much awaited darshan of Prem Avataar Maitreya Dadashreeji.

Event Coverage

As each devotee stepped into the Dhyaan Manthan Kshetra, something profound unfolded within. Hearts opened, emotions flowed, and a deep sense of love, pride, and belonging was felt.

Many expressed an experience of divine union, something their souls had been seeking for a lifetime.!



Global Peace Ambassador Award

It is with great joy and gratitude in our hearts that we are sharing the news of Maitreya Dadashreeji being awarded the Suryadutta Global Lifetime Achievement Award and the Global Peace Ambassador Award by the Suryadutta Group of Institutes.

This honour belongs to every heart walking the path of Maitri under the Grace and Guidance of Maitreya Dadashreeji. Our vision of One World, One Family, One Truth continues to move closer to fruition with each passing day. Through the sevaks' dedication and unwavering faith, the message of love is taking root, leading to upliftment of humanity to a higher state of consciousness.

We bow in gratitude to our visionary and inspiration, Maitreya Dadashreeji and to everyone contributing towards the mission. Together, we are not just dreaming of a united world, we are building it towards One World- One Family- One Truth. Love will always find a way!



MaitriBodh Parivaar at the World Economic Forum

As the World Economic Forum expands its agenda beyond the economic, leaders from government, business, and civil society convened in Davos in January 2026 for the Annual Meeting. Espousing a universalistic and inclusive ethos, MaitriBodh Parivaar participated in key dialogues with Gopal leaders and eminent voices, contributing to conversations on establishing Love and Peace on our planet, and uniting as One World, One Family, One Truth.

Committed to making transformation a lived reality where mankind reconnects with its essential nature of love and oneness, MaitriBodh Parivaar continues to step into spaces defining the shape of societies and the future of humanity. Alongside the International Spiritual Council for Transforming Humanity (ISCTH), we shared values vital for these times, reaffirming the need for spiritually anchored leadership.



‘Antar – Shuddhi’ at MaitriBodh Parivaar’s MahaShivratri Celebration

Seekers gathered in thousands at ShantiKshetra Premgiri Ashram to experience Antar Shuddhi through the intense and transformative Shiv Shuddhi Kriya conducted by Maitreya Dadashreeji during the sacred Nishit Kaal of MahaShivratri.

In the current phase of ‘Yug Parivartan’, a time of deep churning within and around us, the need for inner purification has never been greater. Moving toward Navyug, the new Divine Age requires cleansing at the level of consciousness. Through a powerful discourse on the present times, Prem -Avataar Maitreya Dadashreeji explained the scientific connection between the human body and shifting cosmic energies, the urgent need for Antar Shuddhi, the qualities to imbibe from Lord Shiva, and the key changes in the governance of the astral realm. This was followed by an authentic Vedic Rudra Abhishekam of Karjat Ke Shree Mahakaleshwar in the form of the Shiva Ling and collective chanting of a blessed mantra revealed by Him, enabling seekers to undergo a deep inner shift and preparedness for Navyug.

Seekers, devotees, celebrities, thinkers, and change makers from all walks of life united for this event for spiritual upliftment and experiencing the sacred Antar Shuddhi Kriya process . “I didn’t know I was missing this life transforming opportunity each year,” shared a new seeker. Another expressed, “I couldn’t stop crying, as if some deep-seated block was released and I was set free.”

The event rippled far beyond the ashram, with participants joining from MaitriBodh Centers across Bharat, as well as LIVE through YouTube and national television broadcast. Each year, MaitriBodh Parivaar celebrates MahaShivratri in its truest essence, connecting humanity to Shiva Tattva and preparing hearts for the times ahead.



MahaShivratri Celebrations at Maitri Aarohan Sampark Kendras across India

This MahaShivratri, Maitri Aarohan Samparks across India embodied a true spirit of oneness. Hundreds of hearts gathered with a collective devotional intent to experience the sacred night of stillness. Across the country, 42 Maitri Aarohan Samparks hosted the event, bringing together around 500 participants in a deeply immersive experience of sadhana. As the night progressed towards Nishit Kaal (at midnight), the most auspicious period of Shivratri, the participants experienced heightened energy as Prem Avataar Maitreya Dadashreeji blessed them by revealing a special Mantra. Witnessing Maitreya Dadashreeji leading the chant of the mantra was an experience that was deeply moving and extremely powerful. Later, participants expressed how the mantra anchored their mind, making meditation effortless and allowed them to experience a rare inner calm, mirroring the stillness of the night. Devotees also had the opportunity for Mahakaal Darshan, some through live telecast and others through the sanctity of the ashram's premises. Whether sitting in silence, chanting softly, or simply being present, each Maitri Arohan Sampark became a doorway for the participants to connect with Lord Shiva. MahaShivratri 2026 reminded us that when India sits as one in meditation, the night itself becomes a prayer!

Connect for your growth at +91 8929 707 222 or www.maitribodh.org.



Republic Day Celebration

On 26th January 2026, Republic Day was celebrated with great enthusiasm at Gurukul, Mandapam. The program began with the hoisting of the National Flag, followed by the singing of the National Anthem as a patriotic expression of pride in the country. The students of Gurukul then presented a disciplined march-past, which received warm appreciation from the audience. This was followed by a short skit based on the theme "Ek Bharat, Hum Bharat", effectively conveying the message of national unity. The program also included singing of patriotic songs by the students, inspiring pride in the country. The entire program was conducted in a disciplined manner and concluded successfully with great enthusiasm and inspiration.

Celebrations at Sneh Sanskar Gurukul

The festival of Makar Sankranti was celebrated with great enthusiasm at the various centres of the Gurukul. Students were made aware of the festival being celebrated in different parts of India under various names such as Pongal in Kerala and Lohri in Punjab. They also learned about the Bor-Nahan tradition in Maharashtra for young children. The significance of the festival for farmers was explained to the students, as it marks the end of the harvesting season for rabi crops. The celebration concluded with the distribution of Tilgul, sharing the message “Accept Tilgul and speak sweetly,” symbolizing love and harmony among the students.



Health Check-up Camp

On 27th February 2026, a Health Check-up Camp was organized at Sneh Sanskar Gurukul for the students. Two doctors conducted medical examinations for 57 students, including height and weight measurement, and ENT, dental, heart, and abdominal check-ups. The camp was conducted smoothly and helped in assessing overall health of the students.



The Lok Kalyan Havan

The Lok Kalyan Havan, conducted on 12th March at Navi Mumbai APMC Market for the vendors, witnessed the participation of more than 500 seekers, collectively invoking peace, prosperity, and well-being for all.



Water Drum Distribution Activity

With the blessings of Maitreya Dadashreeji, the *Water Drum Distribution Activity* was successfully conducted on 21 February 2026 in a smooth, disciplined, and well-organized manner. The initiative was aimed to support women from villages in Karjat by providing safe and adequate water storage solutions for their households. Access to proper water storage plays a vital role in ensuring safe drinking water, maintaining hygiene, and reducing the daily burden of water collection and storage faced by rural families. Keeping this need in mind, the activity was designed to support women who manage household water needs on a daily basis. The distribution process was conducted in a systematic manner, ensuring dignity and ease for all beneficiaries. This meaningful initiative was generously sponsored by the Inner Wheel Club, whose commitment to community welfare made the program possible. Through this effort, 55 women received one water storage drum each, helping improve household water management and contributing to healthier living conditions. Beyond the distribution of water drums, the initiative contributed to better hygiene practices, improved health security, and reduced daily effort for women—creating a small but meaningful step toward stronger and more resilient village communities.

If you would like to be a catalyst for a meaningful change in rural India, we invite you to connect with us - at our Helpline Number 8929 707 222





International Women’s Day Celebration

On the occasion of International Women’s Day, a special celebration was organized to honor and appreciate women who are active in community service and grassroots development. A total of 29 women participated in the gathering, including ASHA workers from seven villages and staff members from the Ashram, Gaushala, and Gurukul. The participants were warmly welcomed with a chandan tika and a flower, symbolizing respect, and gratitude for their dedication to community wellbeing. The program began with a brief welcome address followed by collective chanting of the Dadashreeji Mantra, which created a calm, positive, and spiritually uplifting atmosphere for the gathering. To encourage interaction and connection among women from different villages, a series of engaging activities were organized. The hall rang with laughter, as the women participated with a spirit of camaraderie, helping them connect beyond their daily roles and responsibilities. The celebration continued with a dance performance by the Gurukul teachers, followed by a joyful garba, where all the women joined together enthusiastically, celebrating the spirit of the day. The participants later enjoyed refreshments, during which a few women shared their experiences and expressed their happiness about being a part of the gathering. Each participant received a token of appreciation in the form of thoughtful gifts, acknowledging their contribution and dedication. The event concluded with a note of gratitude to all participants. More than a celebration, the gathering created a space of recognition, joy, and solidarity—reinforcing the importance of women’s contribution and strengthening the sense of community among them. Together, we can create stronger and more self-reliant communities.

To learn more about our social initiatives or to explore opportunities to collaborate or volunteer, please reach out to us. Helpline Number: 8929 707 222

Old Age Home Visit by YGPT India

On 21st February, YGPT India volunteers visited Andhakshi Ashram, an old age home in Andheri West, Mumbai, to spend meaningful and heartwarming moments with the residents. The visit began with volunteers greeting the elders with flowers, followed by friendly conversations that created a warm and comfortable atmosphere.

The team organized a fun game that saw enthusiastic participation from the residents. The interaction soon turned lively, with some residents singing nostalgic songs, while others shared their valuable life experiences and heartfelt advice. A musical session featuring old melodies added to the joy, as many residents joined in singing and reminiscing.

The visit concluded on a warm and emotional note, with smiles, blessings, and good wishes exchanged. It was a deeply fulfilling experience, bringing happiness, connection, and positivity to both the residents and the volunteers.



Global Peace and Human Fraternity Conference at Abu Dhabi

The recent *Global Tolerance and Human Fraternity Conference in Abu Dhabi* (2nd February to 4th February 2026) witnessed the participation of the International Spiritual Council for Transforming Humanity (ISCTH). Guided by the 2026 vision of Maitreya Dadashreeji, founder-visionary and source of inspiration of the organization, ISCTH President Kaivalya Kashyap shared a vital message on human agency, viz.,

- *Think and act, do not react.* Reacting to a person or situation rarely leads to a positive outcome while a thought-through response increases manifold the chances of a positive outcome.
- The concept of *personal* responsibility: We are in the driver's seat, and are responsible for our thoughts and actions. This responsibility cannot be delegated.
- *Transforming as human beings:* If we transform towards our essential nature of love we will realize the vision of One World, One Family, One Truth

The world is changing. We need to flow with this change.

The ISCTH President also participated in the panel discussion, "A Practical Framework: The Relationship between Humanity and Technology".

Aligned with the UAE's vision of coexistence, the ISCTH president shared that meaningful transformation begins with the self. Though the mind can create divisions, our inbuilt fraternity - the peace and love at our core - is a fundamental human instinct that binds humanity together. As Artificial Intelligence mirrors human perspective and intention, it is our responsibility to create positive content straight from the heart, in the spirit of One World, One Family, One Truth



The Plant for Peace at Dubai

The 'Plant for Peace' initiative was a joint drive organized by the International Spiritual Council for Transforming Humanity (ISCTH) and Youth for Global Peace and Transformation (YGPT) with the aim of promoting unity, peace, and positive action among participants of diverse backgrounds.

The initiative which took place in Mushrif Park in Dubai empowered young people to become peacemakers.

Participants came together to plant trees, representing growth, harmony, and peace across communities. This activity served as a tangible expression of the commitment to peaceful coexistence and environmental care – linking inner transformation with right actions.



The Youth Changemakers Forum (YCF) in Europe

The Youth Changemakers Forum (YCF) was launched in 2025 as a dynamic platform bringing together youth changemakers from across Europe to exchange ideas and collaborate on community building, cultural preservation, and environmental responsibility. The second edition, YCF 2.0 in Vienna, expanded this vision through an Intergenerational Innovation Lab, where youth and senior leaders came together in dialogue to co-create meaningful solutions for the future.

A special session by YGPT Europe, titled *Inner Transformation for Architects of the Future*, invited participants to explore the deeper dimension of connection. Through interactive exchanges, reflective sharing, and a guided meditation process, participants discovered how inner transformation and purpose-driven action can become powerful catalysts for positive change in society and the world.



YOUTH CHANGEMAKERS FORUM
21 FEB 2025 · 09:00 - 16:00 · UNITED NATIONS
WAGRAMERSTRASSE 5, 1400 VIENNA, AUSTRIA

EUROPEAN NETWORK
ENFID
FILIPINO DIASPORA

FREE ADMISSION
REGISTER HERE

Ramadan Iftar Meal Distribution Drive

Spreading compassion and unity during the sacred month of Ramadan, ISCTH, in collaboration with MaitriBodh Parivaar (MBP) and Youth for Global Peace and Transformation (YGPT), supported the Ramadan Iftar Meal Distribution Drive by Beit Al Khair Society, serving 2,000 meals daily in Dubai, with enthusiastic participation from dedicated volunteers committed to fostering peace through collective giving,

Together, we grow by giving. Together, let's make peace happen.





Appeal for Shramdaan (Volunteer Service)

We invite you to an experience that requires neither money nor special qualifications. It requires only a simple yet powerful intention – the spirit of seva (selfless service). Shramdaan is not merely a physical effort. It is the offering of our time, energy, and commitment towards a larger purpose. When we offer service, it not only impacts the surroundings but also triggers change within. A sense of connection awakens, gratitude deepens, and we experience an inner joy that no material achievement can truly provide. Throughout history, meaningful societal change has begun with individuals who chose to step forward and play their part. Today, that opportunity stands before us. Whether you contribute an hour, or a day is not what matters.

What truly matters is the willingness to participate and become a part of something larger than ourselves. When many hands come together in service, the power of the collective triggers change far beyond what individual effort can achieve, and it provides a platform for visionary manifestation. Shramdaan is not only about contributing to the social initiatives launched by the MaitriBodh Parivaar; it is also a path for personal growth, inner awareness, and connecting with a higher purpose in life.

We warmly invite you to step forward, volunteer with us, and become a part of this meaningful journey.

*To participate or learn more, you may reach us at:
Helpline Number: 8929 707 222*





Maitri Centre of Transcendence & Transformation (MCTT): Transforming Lives

In a world increasingly marked by selfishness, greed, and apathy, we believe that a better future is possible—but it starts with each one of us. At MCTT, it is our mission to create a nurturing environment focused on transforming humanity through self-realization, as we prepare mankind to enter the new era of universal love and peace. Our scientifically validated methodologies have already demonstrated a remarkable positive impact on cognitive function, emotional well-being, and overall quality of life.

Nestled in the serene Bhimashankar mountains of Jambrung village, our center serves as a sanctuary for personal growth. Featuring a yoga hall, dormitories, and

various facilities, we are dedicated to creating an inspiring environment where individuals can engage in self-discovery and community connection.

Your Support is Crucial

The MCTT project is not just an initiative; it's a movement towards a more compassionate world. *Eligible for CSR funding under the Promotion of Healthcare—including Preventive Healthcare—as outlined in Schedule VII of the Companies Act, 2013, your contributions will help us expand our reach and enhance our programs.*





Make a Difference Today

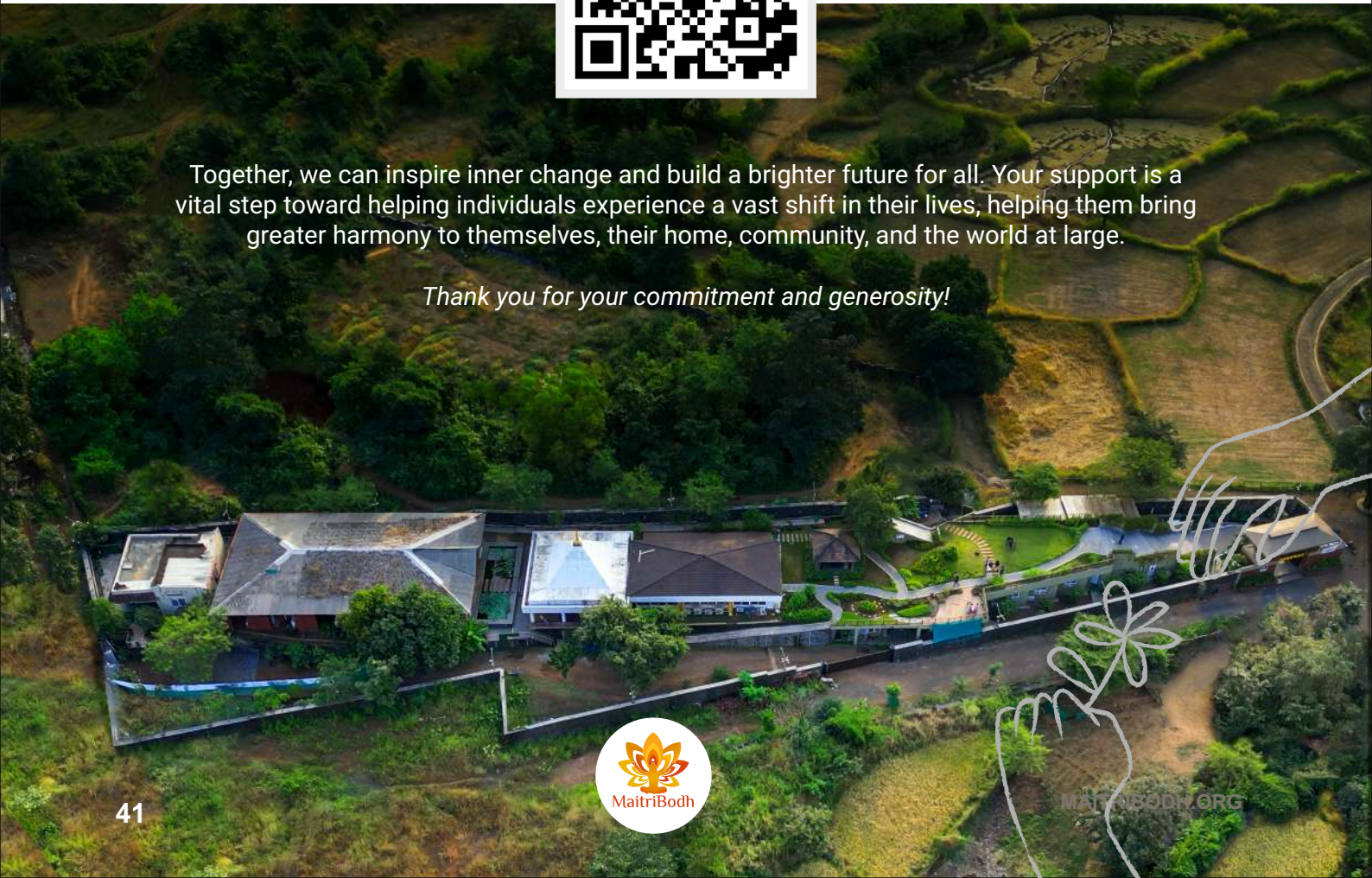
Your generous donation will not only support our programs but also contribute to the emergence of a healthier, more compassionate society.

**TO DONATE, PLEASE
SCAN THE QR CODE BELOW**



Together, we can inspire inner change and build a brighter future for all. Your support is a vital step toward helping individuals experience a vast shift in their lives, helping them bring greater harmony to themselves, their home, community, and the world at large.

Thank you for your commitment and generosity!



Upcoming Events

Event	Date	Venue
Buddha Purnima	1 st May 2026	Online Event
Divine Calling Preparing for the New World!	22 nd April 26 th April 2026	London Rosenheim, Germany
Spiritual Week	15 th to 19 th April 2026	ShantiKshetra Premgiri Ashram
Bodh IV - Heal the Soul	17 th to 21 st June 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 or call on 8929707222

Request a Prayer

“Your prayers work magic in others’ lives. Your prayers give them hope to cope up with this challenging world. When you pray for others, it brings a smile on the face of the Divine and you earn merit and His blessings without asking for them. These blessings would manifest in your life in myriad ways or forms”

Maitreya Dadashreeji



Heartfelt prayers give Divinity the reason to act or intervene. You may now send in your prayer requests to the following email id: invokedivinegrace@gmail.com

Following details of the person for whom the prayer needs to be offered are required:

Full name

Location

Concern (for which the prayer needs to be offered)

The team will coordinate via email the suitable day, date and time for the same.

“ *Atma Shuddhi*
(Inner purification) is not a
matter of following rigid
techniques, but rather a
result of a pure heart, sincere
prayer, and surrendering to
the Divine. ”

Maitreya Dadashreeji

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