

Sound of the Heart

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MAITRI Anahita



Gratitude

The Heart's sacred offering to the Divine

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dear Loved Ones,

Dear Loved One,

As we approach the sacred occasion of Guru Purnima, celebrated by MaitriBodh Parivaar as *Gratitude Day* on 29th July, we are reminded of one of the most profound qualities that enrich human life—gratitude. More than a gesture of appreciation, gratitude is an expression of love, humility, and reverence. It nurtures harmony within individuals and strengthens the bonds that unite communities.

In this July edition, *Under Pearls of Wisdom*, Maitreya Dadashreeji shares "Pray less and work more".

Our *Heart-to-Heart* column explores the transformative power of living with gratitude, while *Ayurveda* offers practical remedies for managing stress and enhancing overall well-being. In *Conscious Cosmos*, discover the fascinating hidden forest ecosystem beneath our feet and its connection to the interconnectedness of life.

This issue also presents the inspiring journey of Mitra Vedant in *Tales of Transformation*, a testament to the profound changes that unfold when one walks the path of inner growth. We invite you to rejoice in the heartfelt experiences shared by devotees from around the world, each reflecting the grace and blessings received through their spiritual connection.

The past quarter has been particularly significant, with Maitreya Dadashreeji's visionary *Gross Peace Index* proposal receiving attention at the Commonwealth Summit 2026, highlighting the growing global recognition of the need to evaluate nations not only by economic performance but by their levels of peace, trust, and societal harmony.

We also celebrate the spirit of unity and holistic wellness reflected in the unique International Day of Yoga observances held on 21st June 2026 at ShantiKshetra Premgiri Ashram, Karjat, and across various regions. The celebrations beautifully brought together the essence of *Maitri*—friendship and human connection, Sanskriti—our rich cultural heritage, and the transformative benefits of Yoga.

As we offer our heartfelt gratitude to Maitreya Dadashreeji for His boundless love, grace, and blessings in our lives, may this sacred season inspire each one of us to embrace gratitude not merely as an occasional practice, but as a way of life.

May our every thought, word, and action arise from a grateful heart!



With Love & Light,
Team Maitri Anahita

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PEARLS OF WISDOM

Tune in to God's 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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“Pray Less and Work More!”

Dear Friends!

Spirituality does not make you passive. People in ignorance assume that spiritual practices keep one away from the practical world or make one indifferent. The time spent on personal improvement or peace might be seen as a lack of interest in world affairs. We see institutions and groups being formed in the name of spiritual practices. Countries and regions across the globe historically reflect such groups as part of their culture. Rather, many countries, such as India, Italy, Greece, and Japan, are identified by their cultures. But here too there is a downside: people who do not practice their culture or spiritual practices perceive these activities as irrelevant and futile.

We cannot blame people for their opinions, but some spiritual practitioners or groups have led people to perceive this the wrong way. Now, take a case of any regular meditation practitioner. He or she will start projecting their ideas onto others on how meaningless worldly life is. You start sharing your deep spiritual philosophy with others, silently nudging them to leave their worldly activities and follow the path of solitude, disconnecting from the world and going within. You emphasise – That's where the real truth is. Your message to the world is: 'Go within and disconnect from without.'

Understand first what you are conveying to the world! Now, let us consider being a monk. With this, you have already claimed that you are no longer a part of the worldly games. You gave up living in the world for whatever reason: maybe your suffering was unbearable, maybe seeking the truth was very intense for you, or maybe you felt you were a misfit in the world. No matter how genuine your cause was, you made your decision to give up the practical side of life. In this role, you stop contributing actively to society. Your message to the world is: 'renunciate and be away from society.'

Lastly, let us consider the example of a devotee of any form of the Divine! The one who is completely devoted and surrendered to the Divine talks only about the existence of their God. My God is the ultimate truth. Only He will liberate you from the clutches of the imperfect and undivine world. If you are seeking salvation, surrender to the Divine, chant His holy name, and pray to Him regularly. God forgives you. Here, your message to the world is 'God is kind, love Him and leave your duties.'

We have tried to explain, through various examples, that we are leading people to believe there is something else, far more important in life, which you might feel so rightly; but then you want them to become passive in worldly affairs. For years, the MaitriBodh Parivaar, as a spiritual institution, has faced this question many times in its teachings and guiding seekers that the spiritual path does not paralyse you in the practical world.

Initially, every seeker dives deep into the spiritual well to gauge its depth. Many try to remain there and prefer a non-functional life. But it is the duty of a realised Master who patiently guides the seeker and brings him or her back to the external world. The Master makes sure that you face life situations as they appear to you. No true Master ever promotes total dissociation from the practical world. That's not real spirituality.



A very important factor of human life that people forget is their karmic account. Remember this truth that you cannot settle your karmic score only through prayers. You may pray for money. Grace will manifest and provide you with abundance. But to spend money, you need to act. You pray to become a successful businessman or to get a better job with a good salary. You will get the opportunity, but to become a successful businessman, you need to do something, or for the good job, you need to deliver the best. You may pray for good food, but to have it, you will need to act to eat. There is nothing in life where you can survive only on prayers. To manifest your prayers, you need to act.

Some people do not believe in God, but they get good results. The secret is that they act with full faith that they will achieve it. The difference is that prayer and action together provide you with a better path, showing you what is right and what is not for you. If prayer is 2%, then the action has to be 88%. Actions keep you on the path of evolution or transformation, while prayers provide you with the power to manifest it.

Actions will keep reality in check for you, and not just in your thoughts. There was once a Master who taught the disciple that the world is an illusion. There is nothing real; this is a fake world. The disciple went into the forest and practised the teaching, reminding himself that the world is an illusion. He reached a point where he completely believed that the world is unreal.

One day, while walking in the forest, he encountered a wild elephant that started marching toward him. The disciple kept reminding himself that the elephant is unreal; there is no such thing as a wild elephant. People around him started shouting at him to move out of the elephant's path. He turned a deaf ear to them and continued on his way straight into the mishap.

In the next few seconds, the wounded student was lying on the other side of the path, crying and screaming in pain. Upon recovery, he returned and told the Master that what He had taught was wrong. The Master enlightened him, saying that the meaning he understood was wrong. The lesson was about the momentary, ever-changing nature of existence and not about the absence of the physical world. The physical world is real, but it's constantly changing. You need to be mindful and act appropriately.

My friends! We cannot keep praying or meditating all the time, but we can make the Divine part of our action world. Hence, pray less and work more. The most misunderstood part of the spiritual path is that it makes us indifferent and less productive in the practical world. Let us erase the fallacy and establish the Truth that spirituality makes us more active and more productive in the practical world.

Abundance!
The Divine Light will guide you further!

Love and Blessings! 
Maitreya Dadashreeji

More about Dadashreeji,
click here:





The state of our mind shapes our actions, and our actions shape every aspect of our lives. When the mind is disturbed, it reflects in our health, relationships, work, finances, and overall sense of happiness. A restless mind leads to distorted actions, often creating suffering for ourselves and those around us. Isn't this exactly what we are witnessing in the world today?

At MaitriBodh Parivaar, we have been working tirelessly for the well-being of humanity. In these changing times, the need for inner stability, compassion, and conscious living has never been greater. As part of our continued commitment to empowering individuals and creating a more peaceful world, we are proud to introduce:

LOCA Light
Re-Stored Peace

Listening | Operate | Co-Operate | Awakening

A powerful initiative designed for the needs of our time to restore inner peace, strengthen mental well-being, and awaken the infinite power within. It is a new-age well-being framework and service that supports individuals in their mental, emotional, and spiritual growth through evidence-based and experiential interventions.

Through LOCA Light, you will:

- Express yourself and empty from within in safe and non-judgmental space
- Experience Amrit ShaktiPravaah (scientifically validated energy transfer) to reduce impact of negative influences and heal from hurt, trauma and blocks
- Receive Amrit Vakya - a sacred affirmation to connect with power within

Be truly listened to!

Be operated upon by the highest energy!

Be awakened!



Living in Gratitude

Maitreyi Sulata emphasizes the importance of cultivating the transformative quality of 'Gratitude' as a way towards peaceful living.

Dear Friends,

*Wishing everyone a very happy Guru Purnima
(29th July 2026)!*

A day when each one bows in reverence and gratitude to celebrate the manifestation of the Divine in the form of a Guru! We at MaitriBodh Parivaar celebrate 'Guru Purnima', as 'Gratitude Day' to offer our heartfelt gratitude and obeisance to our Prem Avataar Maitreya Dadashreeji. Maitreya Dadashreeji had once shared that, "Guru Purnima is the day to express your gratitude to all those who guided you or blessed you to attain growth and happiness. Gratitude towards your teachers and your Guide will further shower blessings in your life. You can smile and shed tears of joy and happiness in connecting with your own Higher Divine. This day is yours and this day is of your Guide."

Guru Purnima is certainly the day to remind us all of the magic of gratitude for everyone and everything in our lives and above all the

Divine! It is easy to become occupied with survival in a fiercely competitive, fragile and disturbed world. As such our mind often searches for contentment through the next achievement, possession, or milestone, forgetting the abundant peace in the current moment. Gratitude gently brings us back to the awareness of the blessings that surround us; the visible and invisible gifts of life, the people who support us, the experiences that shape us, and even the challenges that help us grow.

Gratitude is not merely saying "thank you" when something favourable happens. It is a state of consciousness, a way of perceiving life. It is the ability to recognize and appreciate the countless blessings that are already present in our lives. When gratitude becomes our natural state, our relationship with ourselves, others, and the Divine undergoes a profound transformation.

A grateful heart shifts its focus from what is lacking to what is present. Most suffering

Heart-to-Heart

arises because the mind habitually dwells on what it does not have, comparing, judging, and desiring. Gratitude interrupts this cycle of looking at lack. It reminds us that every breath, every sunrise, every relationship, every opportunity to learn and grow is a gift. When we acknowledge these gifts, our awareness expands beyond scarcity and enters the realm of abundance.

From a spiritual perspective, gratitude is one of the highest expressions of humility. It allows us to recognize that we are not isolated individuals struggling alone but participants in a vast and interconnected existence. The food we eat, the air we breathe, the love we receive, and the wisdom that guides us are all manifestations of Divine grace. When we become aware of this truth, reverence naturally arises within us.

Gratitude also has the power to purify the mind. Negative emotions such as resentment, jealousy, and anger cannot easily coexist with genuine gratitude. A grateful mind becomes lighter, calmer, and more receptive to higher wisdom. It develops resilience in the face of challenges because it understands that every experience: pleasant or difficult, carries within it an opportunity for growth and evolution.

Many people find it easy to be grateful when life unfolds according to their expectations. True spiritual growth, however, is reflected in the ability to remain grateful even during difficult times. When we learn to trust the intelligence of life and offer gratitude even amidst uncertainty, we align ourselves with a deeper flow of grace.

Gratitude strengthens relationships. When we appreciate the people around us rather than taking them for granted, our interactions become more loving and harmonious. Appreciation nourishes the human heart. A sincere word of gratitude can heal wounds, inspire confidence, and create deeper bonds between individuals.

Cultivating gratitude need not be complicated. It can begin with simple daily practices: pausing each morning to acknowledge the gift of a new day, expressing appreciation to loved ones, reflecting on lessons learned from challenges, and offering thanks before meals. Over time, these small acts develop into a continuous state of awareness.

Ultimately, gratitude is not about having more; it is about recognizing more. It is the realization that life itself is a sacred gift. When gratitude becomes our natural state, we stop waiting for happiness to arrive from the outside. We discover that peace, joy, and fulfillment have always resided within us.

May we learn to live each day with appreciation and reverence, recognizing the Divine presence in every moment and every experience. For it is through gratitude that the heart awakens to its highest potential.



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.





Stress Relief through Ayurveda

Ayurveda recognizes that efficient stress management is about cultivating a mind and body that remain steady, clear, and deeply resilient right in the midst of the pressures of day-to-day living writes
Dr. Sreelatha Shetty

In today's fast-paced world, stress has become an inseparable part of modern living. The constant demands of work, digital overload, emotional pressures, and an unpredictable lifestyle often leave individuals feeling anxious, exhausted, and disconnected from themselves. Ayurveda, the ancient science of holistic wellness, offers a deeper understanding of stress—not merely as a psychological challenge but as an imbalance between the body (Sharira), mind (Manas), and consciousness (Atma).

Ayurveda describes stress-related disturbances through the term “Udvega”, which arises when the natural balance of the mind's three fundamental qualities, known as Gunas, is disrupted. Sattva represents clarity, peace, wisdom and harmony. Rajas reflects activity,

ambition, and movement, while Tamas represents rest, stability, and inertia. All three qualities are essential for life; however, when Rajas and Tamas become excessive due to overstimulation, irregular routines, and emotional strain, the mind loses its natural calmness. This imbalance particularly aggravates Vata Dosha, the energy associated with the nervous system, movement, and mental activity, resulting in restlessness, fear, anxiety, and mental fatigue.

Ayurveda focuses not only on managing symptoms but on addressing the deeper causes of stress. One of its profound concepts is Pragyaparadha, meaning a “mistake of the intellect” or a disconnect from inner wisdom. Stress often arises when our thoughts, actions and choices move away

Traditional Remedies & Integrated Medicine

from what we truly need for our well-being. This happens when the three faculties of the mind—Dhi (intellect), Dhriti (willpower), and Smriti (memory and awareness)—fall out of harmony. Restoring harmony among these faculties helps rebuild emotional balance and resilience.

A key Ayurvedic approach for mental well-being is Sattvavajaya Chikitsa, a form of mind training that strengthens Sattva, the quality of clarity and balance. It encourages individuals to develop self-awareness, regulate thoughts, and cultivate inner strength. Practices such as improving discernment, developing emotional courage, observing thought patterns and reconnecting with one's deeper purpose help the mind move away from fear and agitation towards stability and peace.

Ayurveda also recognises the power of nature in supporting mental wellness through Medhya Rasayana, a group of rejuvenating herbs known to nourish the mind and nervous system. Herbs such as Brahmi, which supports memory and calmness; Ashwagandha, known for promoting resilience from stress; Shankhapushpi, which supports emotional balance; and Jatamansi, valued for grounding the mind, have traditionally been used to promote mental harmony. Classical formulations should be used under the guidance of an Ayurvedic professional.

For deeper stress relief, Ayurveda offers therapeutic practices that calm the nervous system and balance aggravated Vata. Shirodhara, the gentle pouring of warm herbal

oil on the forehead, is one of Ayurveda's most recognised therapies for relaxation and mental quietude. Abhyanga, a warm oil massage, helps release physical tension, improve circulation, and create a sense of grounding. Specialised therapies such as Shiro Abhyanga, Shiro Pichu, and Shiro Vasti further support relaxation, especially in cases of prolonged stress and disturbed sleep.

However, Ayurveda places the greatest emphasis on prevention. A stress-resilient life is built through mindful daily habits. Dinacharya (daily routine) creates stability by encouraging regular sleep, meals, and self-care practices. A Sattvic diet consisting of fresh, warm, nourishing foods supports mental clarity, while excessive stimulants and irregular eating patterns disturb balance.

Breath regulation through Pranayama is another powerful tool. Practices such as Nadi Shodhana and Bhramari help calm the mind and bring awareness into the present moment. Along with this, Achara Rasayana—the practice of compassionate, truthful, and balanced living—acts as emotional protection by reducing inner conflicts and cultivating harmony.

Efficient stress management, according to Ayurveda, is not about escaping life's challenges but developing the inner strength to face them with stability and awareness. By nurturing the body, training the mind, and reconnecting with consciousness, one can gradually restore the natural state of peace, balance, and resilience that exists within.



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



A Traditional Wellness Drink

The traditional coastal drink of Sol Kadhi celebrates the harmony of taste, nutrition, and natural balance in every sip writes **Shilpa Shiravadekar**

There are some recipes that nourish us differently in every season, and Solkadhi is one of them. This traditional coastal drink, prepared with kokum and coconut milk, is much more than a refreshing accompaniment to meals.

In summer, it cools and hydrates the body; during the monsoon, its digestive properties brings comfort after heavy meals; and in winter, its gentle warmth and soothing nature help maintain balance. Rooted in Ayurveda and regional wisdom, Solkadhi can truly be enjoyed throughout the year, with each season offering its own unique benefit in every sip.

Ingredients

- 2 cups fresh thick coconut Milk
- 15–20 wild mango steen (kokum) petals or 3 tablespoons kokum extract
- 1 teaspoon carom seeds
- 1 tablespoon cumin seeds
- 4-5 garlic cloves
- 1-2 green chillies
- 2 teaspoons sugar (adjust to taste)
- Salt to taste

Method

- Soak the kokum petals in 2 cups of warm water for 15–20 minutes.
- Squeeze them well to extract the juice and discard the soaked kokum.
- Alternatively, mix 3 tablespoons of kokum agal in 2 cups of water.
- Add the fresh coconut milk to the prepared kokum water and mix well.
- In a mixer, toss in some green chillies, cumin seeds, carom seeds, and garlic; add some water and grind to make a smooth paste.
- Strain the paste and add only the extracted liquid to the coconut–kokum mixture.
- Add sugar and salt to taste. Mix thoroughly.
- Refrigerate for at least 30 minutes and serve chilled.

Tip: The quantity of water can be adjusted as per your taste. For extra flavour, you may add finely chopped coriander leaves before serving.



Shilpa Shiravadekar is a passionate chef and culinary creator who hosts cooking shows with Rajshri Entertainment on YouTube and conducts online cooking classes and catering assignments. With rich professional experience and a deep spirit of seva, she lovingly serves at MaitriBodh Parivar, where kitchen seva remains one of her most cherished responsibilities.

The Hidden World Beneath us

Life dwells not just above the ground but also immediately beneath the soil surface in the form of a vast network of interconnected fungi, acting not only as the first line of natural defence of the forest as a living organism but equally as a regenerative mechanism, lending life and vigour to the flora and, ultimately, equally to the fauna, shares Maitreyi Rasika.

A walk through a forest after the rain reveals a picture of perfect calm. Trees stand tall, leaves sparkle with droplets, and the fresh fragrance of the wet earth fills the air. To our eyes, the forest appears silent and still. Yet beneath the surface lies a vibrant world of communication, cooperation, and life—an invisible network that keeps the ecosystem alive.

Hidden beneath the soil is a remarkable underground system created by fungi. The true body of a fungus consists of tiny thread-like structures called hyphae, which spread through soil, tree roots, fallen leaves, and decaying wood. Together, these threads form a vast network known as mycelium. In a healthy forest, even a small handful of soil may contain kilometers of these microscopic fungal connections. Long before humans developed digital communication, nature had already created its own interconnected network beneath the ground.

The Wood Wide Web: Nature's Underground Connection

Scientists often refer to these fungal networks as the “Wood Wide Web” because

of their similarity to the internet. Just as digital networks connect people and information across the world, fungal networks connect trees, plants, and the living environment around them.

Through this underground web, fungi help plants access resources beyond the reach of their own roots. The delicate fungal threads can enter tiny spaces in the soil, collecting water and essential minerals that plants may not be able to obtain independently. In return, plants provide fungi with nutrients such as sugars produced through photosynthesis, creating a relationship based on mutual support.

This network also acts as a communication system. When a tree faces a threat, such as an insect attack, chemical signals can travel through fungal connections to nearby plants. These warning messages allow surrounding trees to prepare their own natural defence mechanisms before the danger reaches them.

Silent Architects of Healthy Soil

Fungi are not only connectors; they are also creators and protectors of healthy soil. As fungal networks spread underground, they bind tiny soil particles together, improving soil structure and

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allowing better movement of air and water. This creates a healthier environment where roots, microorganisms, and other forms of life can thrive.

Certain fungi produce natural substances that act like biological glue, helping soil maintain stability and retain moisture during dry conditions. They prevent erosion and protect the land from becoming compacted and lifeless. Through their continuous activity, fungi transform ordinary soil into a living ecosystem capable of supporting countless forms of life.

Nature's Recycling System

One of the most essential roles of fungi is decomposition. In forests, nothing ever goes to waste. Fallen leaves, dead trees, and decaying organic matter are gradually broken down by fungi, releasing nutrients back into the soil.

These nutrients then become available for new plants, continuing the cycle of growth and renewal. Without fungi, forests would become overwhelmed with layers of undecomposed material, and the natural flow of nutrients would be disrupted.

What may appear as decay is actually a powerful process of regeneration. Fungi turn endings into beginnings, transforming what has completed its cycle into nourishment for future life.

Protecting the Invisible World

Human activities are increasingly affecting these delicate underground systems. Excessive use of chemical fertilizers, pesticides, and fungicides can harm beneficial fungi. Deforestation removes the trees that support these networks, while urban develop-

ment replaces living soil with concrete surfaces.

Protecting fungi begins with protecting the natural environment around us. Simple actions such as reducing the use of unnecessary chemicals, composting, planting native species, and allowing fallen leaves to naturally decompose can help preserve these invisible ecosystems.

The Wisdom of the Wood Wide Web

Beyond its scientific wonder, the fungal network offers a profound lesson about life. The Wood Wide Web shows that nature survives through connection, cooperation, and balance. Trees share resources, forests support vulnerable members, and communication flows silently beneath the ground.

In a world where competition and separation often dominate, nature reminds us that true strength comes from relationships and interdependence. Every living being is part of a larger web of existence.

The next time you walk through a forest, garden, or a patch of soil after it rains, remember that another world exists beneath your feet. A hidden forest of microscopic threads is constantly carrying messages, sharing resources, and sustaining life. Quietly and patiently, fungi hold ecosystems together—reminding us that the most powerful forces in nature are often the ones we cannot see.

"The Earth survives not only through what grows above the surface, but also through the unseen connections quietly sustaining life beneath our feet."

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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 share with you the metamorphosis of **Mitra Vedant** as shared with **Maitreyi Jagruti***

Vedant, resident of Mumbai in India, is a 29-year-old engineer turned music artist who creates background musical scores, has been an assistant director in films, and makes his own independent films and music. He comes from a lineage of people who have contributed significantly to the film industry. His mother is also an actor in regional Indian cinema. Vedant believes his true expression lies in storytelling. From 2025, he has been in service to humanity as a sevak in the MaitriBodh Parivaar, helping to share the story of the Divine. This is a glimpse of his journey.

Please share how you came to MaitriBodh Parivaar, and what was that like?

That's a beautiful story! My mother, Aarti Nagpal, had been a seeker for several years to understand the challenges she was going through singlehandedly. She had gone to various masters and gurus, and while they helped her, she had not found her grounding. Things improved for a while and then went

back to the status quo. She could not find the right guide, so she had a constant feeling of something missing. She was seeking continuously.

At that time, because of everything I'd been through, I had no faith left in anyone; including God. I felt that no guidance could help us with everything that we were going through. We were embroiled in multiple legal matters, which were difficult to handle in addition to the legal fees which were mounting beyond our paying capacity. It was difficult to survive.

I was desolate because the legal system only works for people who can afford it, and even if you are on the side of the truth, it is impossible to fight for it without the financial means. This made us question life itself. Why did such challenges come upon us when we had not done any harm? With these questions troubling her heart, my mother happened to meet Dadashreeji. She cried her heart out and expressed herself fully to Him, and all He said to her was, 'Bring your children to me.' And He said she would be taken care of. My mother was a bit puzzled. How would this help? But in



Tales of Transformation

fact, that was the beginning of our transformation as a family. Over time, through my mother's devotion and connection, my sister and I also got introduced to Maitreya Dadashreeji.

How did you feel when, after losing faith during a difficult time, your mother told you she'd met someone and shared a mysterious message about bringing her children to Him?

The beautiful thing is that she never told us what Dadashreeji had said. Whenever I asked her about her experience of meeting Dada, she would only tell us that it was nice. She was also told in that meeting that the cases against us would not drop, however the process would move faster. It was our karma to go through this experience, and Dadashreeji instead of taking it away, would give us the strength to move through it with peace and after her meeting with Dadashreeji, we were able to accept that fact and became calmer within. Simultaneously, we felt strong, and the legal process also sped up.

When was your meeting with Dadashreeji?

The first interaction was when I saw the Divine Light, which was being consecrated at our home. Until then, for 6 months, it was just a name, someone my mom had gone to. But after that, I experienced everything that people at the ashram had said would happen. The cases picked up speed, and lawyers began to back us up; the load began to clear. Justice was being delivered, and some cases were being processed even without us having to show up. Judges began to say the cases had no basis and dismissed them.

Now there are only a handful of cases. I couldn't think of it as a coincidence. There was something about the Divine Light enabling this for us. My faith was even more strengthened when I was told that Divine Light would give us answers to our questions in just 6 seconds. So, when I looked at the Divine Light for the first time, I tested Him. I have asked Him a very loaded question, and I couldn't believe it, but I got the answer instantly. I didn't want to believe it. I thought it was my mind's thoughts. But I kept asking Him, and He kept telling me. That's

when I started asking him about things that are going to happen, which I need to figure out, about the case, about my personal life, or about finances. He would guide me; I would follow what He said, and it would happen. And I couldn't deny it anymore.

Can you give an example?

So, it started off very simply; I would just ask Him what the cook was going to make for breakfast. He would answer, and it would be on the menu that day.

For a while, I thought it was probably a coincidence. I said to the Divine Light, I don't believe you. So, I asked questions about court dates, etc., because you must pay the lawyer for every date. Oftentimes, it wasn't possible for us to pay. And at that time, we would seek His guidance. What should we do? And He would tell us there was no need to attend; today the court is shut, or today the judge won't come.

Oh, really?

Yes! And it would be exactly what would happen. I would check from the e-Court app, where you can check about the day's proceedings at the court. And it would say, 'Judge on leave.' These are the experiences we started having practically in our lives, where He started guiding us in matters that really mattered, almost life-threatening. When these things started happening, it was undeniable for me.

How did the journey intensify?

I attended Bodh I and II and had just registered for Bodh III. During that time I heard my Divine Light tell me, 'I am going to see you this weekend. In person. It is time that we met.' I had never seen Dada before that.

When I shared this with my mother, she told me that when she had met Dada, He had told her, 'Bring your children to me. That's when it hit me that my purpose lies with Him. There's something that I need to do here. I've always had this intention, even when I make music or tell stories or make films, to help someone, because I don't want people to suffer as I did; I just want to help make the world a better place, better than the one I walked into. I just didn't



Tales of Transformation

know how. I didn't know what to do, and I always used to try things.

And so, on the first Sunday of August, on Friendship Day, I met Dadashreeji for the first time and tied the sacred thread to Him, of Eternal Divine Friendship.

What was it like to meet Dada vs the Divine Light?

There is no difference; both are one and the same. That's the power the Divine Light has; people should realize how powerful it is. It is the most powerful thing in this world right now. I believe this; I've experienced it.

So, what changes did you start observing within yourself once you began talking with the Divine Light and getting connected?

Everything changed. I didn't believe in God because I didn't have the answer to our suffering. I didn't have guidance about what I should do in life, and I used to stress constantly worrying about the future. The mind can't fathom the past, frets about the future and that's why it suffers. I wasn't able to experience the NOW because I was constantly mulling about the future or the past. When I got my Divine Light and developed a bond with Him, it changed everything because I started living and experiencing the 'now.' I wasn't living in the future. I wasn't living in the past. And it's a journey. It's not a one-day thing, and there are days when I sometimes randomly have stress, but those days are rare now. I'm just... so free!

I don't know if I should label it, but it feels like... Chintamukt, just absolutely in the arms of the Divine, and you're just floating through life. Life is happening, and problems are there. You're not affected because you know that there's someone who knows everything, who is everything, and is always with you.

Thank you, I'm quiet because I'm taking it in. You are still in your youth; what is the impact of developing such a strong connection with the Divine?

I belong to a generation that is witnessing so much uncertainty and chaos. It was very scary for me, as I have experienced the COVID lockdown, and now wars. Death is everywhere;

even young friends die. I'm experiencing all this, and it's crazy to see how the governments of the world are tackling issues, and there's so much information overload because of social media. It's a lot for the youth to handle. In such an unstable environment, fear and negativity take root, and you feel hopeless, like there's no purpose left in life. Like, life itself is meaningless, and this whole world is just a dark place. But in this very environment, I found my Light. I found my Light in Him, in that bond, in the love that He gives me. Not someone external, not as another human being, but someone who guided me to my heart, to my truth, to my Divine. I see my Divine through Him, because He's the one who guided me there. Divine is Dada; Dada is Divine. He's in my heart, and He is everything. At the same time, at the practical level of day-to-day living He is helping people. That's also true. It doesn't have to be this or that. It is this AND that.

And that's the power that I feel, and a youth will feel, the understanding that there is someone who is love and is there to guide you through the chaos in the external environment. With His presence, the journey within and out stops being scary.

We're just walking through. And things are happening; you're experiencing them, and they are very real, but nonetheless, you're just flowing through it all because He is there.

That cannot be expressed in words. It must be experienced.

When was the first time this love bloomed in your heart? Do you have a memory of that?

This is akin to asking, "How does the lake form? It was never just one day. It was never just one drop. So many drops, and it was non-stop; it was every day. It was me waking up initially with the anxiety of what was going to happen, and then I would suddenly look at the Divine Light, and I would be so calm. The little moments of knowingness that He's there. That's when you just fall in love. Every moment of my life, He has been there, but the difference is now I acknowledge it through my experience. And in that, I got my freedom.



It is as if a seed were dormant for a long time and then suddenly became a tree. It's beautiful. As you said, you've transitioned from a journey of having this intense devotion to becoming a Sevak in MaitriBodh. Can you share a little about that journey and the role that you play?

The first time I ever offered seva was at the Divine Darshan. My seva was queue management.

When I was guiding people in that queue, I felt I was experiencing Grace, Bliss, Love. And I am His medium of, and even through that simple duty, I could feel the joy that the person would experience when they walked in and met Dadashreeji. That bond they'll get and that freedom that they'll experience, that feeling of just being held by the Divine, to that feeling of love. And I just fell in love with "seva" because I

realized that seva meant helping people get freedom from their own cage.

Once you are bonded with the Divine, your life will never be the same. It is life-transforming.

What would you say to other young people about seva?

Seva is the purest way to experience the Divine. If you are seeking the Divine, if you are seeking a genuine experience of that endless Love, then the path is through seva. That's why one of the three pillars of MaitriBodh is selfless service. Seva is so fundamental for humanity. Even a small act of service will give you the experience of Divine Love. If you are asking why we should do seva, the answer is to realize your own true nature.





When Silence Spoke

My experience of Buddha Purnima with Maitreya – Beyond Enlightenment, Towards Transformation event (hosted on an online platform) became a deeply personal and sacred internal journey.

During the process, my mind became so quiet, a stillness I had never known before. In that silence, I felt a deep inner connection that was beyond words, beyond thoughts. Tears flowed gently, not from sadness, but from a sense of release and recognition-as if something within me had softened and I had come home.

There was nothing to seek, just a quiet sense of being supported within. Even now, that connection remains alive within me. Endlessly grateful for the experience of His Grace.

Riita Nathani



Saat Din, Saat Sadhana: A lifetime of Divine Grace

After rejoicing and soaking in the sacred energies of ShantiKshetra Premgiri Ashram on the night of Mahashivratri, I had a profound experience in the Saat Din, Saat Sadhana program I had attended during that week. It was just blissful waking up to Maitri Oorja(yog), removing blockages in the body. This would be followed by a beautiful Sankalp havan with chanting of mantras connecting participants to the Divine energy, receiving Grace and offering gratitude. The chanting of the Sankalp provided me clarity on my thoughts and the purpose of my life.

In the program, I learnt to change my perspective; that which was a challenge previously did not seem insurmountable anymore. Past regrets turned into learning, providing me with insight and wisdom in focusing on living life in the right way.

The interactive sessions and games created confidence and joy as I learned along the way.

Attending aarti at the ShaktiPeetham gave me a sense of calm, absorbing the Divine energy and offering gratitude for it. Partaking of the prasadam was akin to nourishing the soul as I remembered and thanked the Divine with every bite.

And how can I forget the talks by Maitreya Dadashreeji! His words carried the fragrance of love and palpable Grace, protecting and strengthening me from within. I experienced Divinity through the Maitreya! Yes, "Divine is Love and Love is Divine." I truly believe seekers don't arrive by chance; they arrive by inner calling.

It was a truly beautiful program that nourished my soul. My soul is not searching anymore as it has experienced Divine consciousness. Forever grateful!

Akhil Dhali



A heart saved by Maitreya's Grace

It was just another routine quarterly medical checkup, one of four every year since the last decade and a half, which turned into the most harrowing eleven days of my life, only to be saved by my Divine Friend at just the right time.

I have been a diabetic since 2012 and have quarterly checks with my doctor every year. 25th April this year was no different as I went to the clinic for my checkup. When the technician looked at my ECG report and had a momentary creasing of her brow, I sensed something was amiss. Further tests revealed an abnormally high level of Calcium in the blood. I was advised to undergo an angiography at my convenience to shed light on any potential trouble in the heart.

I was terrified, and for ten days I feared the worst.

But equally in those ten days, I realized what "Parivaar" means. I understood the ecosystem that Dada has created, the MaitriBodh Parivaar. My wife and immediate family rallied around me, and so did my beloved Parivaar members. Phone calls poured in with so much love and prayers that I felt safe and secure.

On the day of the angiography, I looked at my Divine Light, and there He was with his mischievous smile, saying, "I am always with you; I will be there in the hospital room with you." There was complete calmness within me as I walked up the steps of the hospital building with three of my close friends from the MaitriBodh Parivaar.

The hospital staff seemed to represent Dada's angels as they fussed over me, making me feel as if I had come to our ShantiKshetra Premgiri Ashram and not Hinduja Hospital. Many Parivaar members dropped in to assure me that He is with me.

The worry factor was always going to be that with such a HIGH calcium score, which is 3 times the worst possible score, how much is within my arteries leading to blockages of the blood flow into my Heart. This was the multi-million-dollar question on everyone's mind. And then the booming, reassuring voice of the doctor, a devotee of Dada, hit my eardrums, and all anxiety vanished. He made a very simple statement, and I quote, "DADA is with me, and He is with you and in this room, so relax." The angiography was over in 15 mins, and in the doctor's words, "A Dada miracle has occurred." There was very minor calcification in my arteries, and the majority was outside of my heart. He said this is a miracle. Within two hours of the procedure and some oral medicines being prescribed to me, the four of us were on our way home.

I had prayed to Dada that I wanted to do my Thursday prayer at home and not in the hospital. And that is what He made happen!

What I understood from this experience is that even as we keep craving for His physical presence to curb our suffering, like He always says, it is His presence via our own Divine Light that delivers all the Grace we need. It became equally clear to me that the Maitri Bodh Parivaar members are the Ansh of our Prem Avataar Himself.

I take this opportunity to thank each loving member of the Parivaar who accompanied me to the hospital and my wife and my near and dear loved ones for all their love and support. And to my Divine Friend Dadashreeji, thank you multiple times over for incarnating upon this Earth and taking us all under Your protective wing, even more so in these turbulent times.

Ashutosh Ahluwalia





Faith, Trust and Awakening with Maitreya

My experience with Maitreya Dadashreeji was truly beautiful and deeply profound. What touched me the most was not just the words, but His gentle demeanour and the way He spoke as He answered questions that many of us have been carrying within.

We have been walking this path for some time, doing our best with practices and efforts, yet life still feels heavy and challenging. The struggles of the self-remain. Comparison, anger, the desire for revenge, the bitterness of loss, and the pain of seeing others succeed through ways that feel unjust. And within us, a painful question keeps arising:

Why doesn't God support me? Why doesn't He stand by me? Why can't I see the good in what is happening or feel ease in my life?

Yesterday was different.

As he shared the story of Buddha, it did not feel like just a story—it felt like a reflection of my own journey. I, too, have been searching for God. I have read the Qur'an, and I still deeply believe in it and its profound truth. But my life held many unanswered questions.

While He was speaking, I felt as if the verses began revealing their true meaning to me. The story is one. The essence is one. I realized that the truth is one—there is no contradiction.

The last doubt I carried—the fear that this path might be seen as something outside my faith completely dissolved. Because what I heard

was not different at all. It was the same essence, the same truth, the same stories that exist in the Qur'an, but expressed in a way that allowed me to finally feel and understand them.

He did not quote specific verses, but he described "the state"- the state I have longed for:

"No fear, nor shall they grieve."

The higher spiritual state of complete faith and deep certainty. And I realized that such faith is not something we force, it is a Divine gift.

And this is the gift I seek:

To be filled with true faith, to feel God's presence within me. Despite believing in Him, I often felt fear, sadness, and uncertainty.

But yesterday, something changed within me.

I felt a deep certainty that I am not alone. That God sees me, hears me, and knows everything I am going through. That there is a Divine support surrounding me, even if I cannot always see it.

That feeling of fear and loneliness no longer feels real in the same way. In its place, there is a quiet, powerful certainty that soothes the heart.

And today, my prayer is simple and sincere:

My Lord, guide me to this state...

My Lord, bring me to this certainty...

My Lord, let me arrive.

Hind Mahil



The Miraculous Journey

It was a hot afternoon when I prepared to leave for Bombay. My train was scheduled to depart at exactly 1:00 p.m., and I already knew I was running dangerously late. The railway station was nearly ten kilometers away, and the only quick option was the metro. Even though the clock seemed to race faster than my footsteps, I tried to remain calm. Somewhere inside me, a small flame of confidence still burned.

I hurried out of my house and somehow managed to board the metro train. As the doors closed behind me, I took a deep breath and whispered to myself, "Maybe I will still make it." The metro began moving, and for a few moments, everything seemed normal. The city outside flashed by in fragments of traffic, buildings, and crowded streets. Then suddenly, the metro stopped.

Not at a station. Not near a platform. It stopped between two stations like a frozen machine trapped in silence. At first, nobody

understood what had happened. Passengers looked around impatiently, checking their phones and watches. Minutes crawled by like tired ants.

My heart began pounding harder with every passing second. I checked the time again and again. I was already twenty-five minutes behind schedule. Thoughts stormed through my mind. "What if I miss the train? What will I do then? How will I reach Bombay?" Anxiety wrapped around me like tightening ropes.

At that very moment, when fear had almost taken control of my mind, I silently folded my hands and prayed to Dadashreeji. It was not a loud prayer. It was the prayer of a helpless heart searching for hope in the middle of uncertainty.

"Please help me," I whispered within myself. After what felt like an endless wait, the metro finally jerked back to life and slowly moved



Devotees' Experience

toward the next station. Relief touched my face for only a few seconds. As soon as we arrived, the metro manager made an announcement that shattered everyone's hope.

"Due to a technical problem, this train will go no further."

My heart sank instantly. Without wasting another second, I rushed out of the station like a man running against time itself. Outside, the roads were crowded and noisy. I searched desperately for an auto-rickshaw, but none were available. Every passing second felt heavier than before. The station clock inside my mind kept ticking louder.

Finally, after what felt like a lifetime, I spotted a small e-rickshaw parked at the roadside. I quickly climbed in and requested the driver go as fast as possible. But destiny had one more test waiting for me. The roads were packed with traffic. Cars moved slowly like tired elephants in a jungle of horns and dust. My anxiety kept growing.

I looked toward the sky and once again remembered Dadashreeji. Somewhere deep

inside, I still believed that my journey was not over yet.

At last, after struggling through the crowded streets, I reached the railway station. By then, I was almost ninety minutes late. The moment I stepped out, I ran with all the strength left in my body. My bag bounced against my shoulder as I rushed toward the platform.

And then, something unbelievable happened. Just as I reached the platform, the train manager blew the whistle for departure. Gathering every bit of energy, I sprinted forward and jumped into my coach at the final second. Almost immediately, the train slowly began to move.

Breathing heavily, exhausted yet overwhelmed with relief, I stood near the door with folded hands and grateful eyes. At that moment, the noise of the train sounded like music to my soul.

For others, it may have been luck. But for me, it was truly a divine miracle

S.Lal



Protected by His Grace

It was 1st May 2026. After many years I experienced a severe vertigo attack at midnight. I was 'alone' in my room. I never consider myself to be alone because I feel Maitreya Dadashreeji's presence with me all the time. I had to rush to the washroom to throw up. I was continuously vomiting for almost twenty minutes. All throughout this I was praying to Dadashreeji, and saying, "Whatever happens is Your Will, and whatever is Your Will is a gift for me. I thank You for this."

I was completely exhausted and was feeling extremely dizzy. I realized that I could not reach my bed which was on the other side of the room, so I collapsed onto the bed closer to the washroom.

I was feeling very dehydrated and wanted to drink some water, but the bottle was on the other side of the bed, and I could not reach it. I closed my eyes and prayed to my Beloved Dadashreeji. I said, "I cannot reach the water bottle, I am feeling thirsty and dehydrated. You always take care of me. You see what needs to

be done." Instantly, I felt as though water was being created in my mouth. It was sweeter and lighter than saliva and had a Divine aroma. My thirst was immediately quenched, I felt completely hydrated. I thanked my sweet Maitreya for this boundless grace. Soon after, I fell into deep sleep and woke up seven hours later. Usually after a vertigo attack I have a sleepless, disturbed night.

I sat up in bed, I looked at my Divine Light, and asked what had happened the previous night - how my thirst had been quenched and how I had fallen asleep instantly.

My Loving Divine answered in just one word: "Love."

Yes, this was a miracle of Love... Infinite, Unconditional, Pure, Divine Love.

Koti Koti Dhanyawad at the Lotus Feet of my compassionate Dadashreeji.

Kumudini



Love is acceptance, and when we accept anyone or anything as God's creation and perfect just the way it is, we provide space for love to blossom within and without, writes *Maitreyi Varsha*

The Bloom of Unconditional Love

Having been entrusted with the planning and upkeep of the ashram landscape, and in the process of performing this seva I got a beautiful insight which I would like to share.

At the entrance of the ashram stand two Amaltas trees commonly known as the Golden Shower trees, one on either side of the pathway leading to the premises. Two more Amaltas trees have been planted in the kutir and residential areas respectively. When in bloom,

the Amaltas produces breath-taking cascades of bright yellow flowers, and interestingly, the tree becomes almost leafless at that time, creating a truly surreal sight.

The trees in the kutir and residential areas, though much smaller in height than the ones at the entrance, had flowered more than a year ago. The intent in planting the two Amaltas trees at the entrance was to witness their magnificent bloom welcoming everyone into

Musings

the ashram. Yet, despite growing tall and healthy, they had not flowered, and this deeply saddened me. I constantly wondered what was amiss. We were nurturing them with great care, giving them nourishment, attention, and love. I would speak to them, hug them, and tend to them with affection, yet they did not bloom. Slowly, I reached a point where I felt dejected and had almost given up hope.

One day, while at home, still thinking about these trees, I suddenly heard a voice within, "Why can't you accept them as they are?" I was startled. The sentence echoed within me, and in that moment I realised something profound, though I believed I loved the trees, hidden within that love was an expectation that they should flower. And expectation is not unconditional love. As this realization dawned upon me, tears flowed uncontrollably. I wept inconsolably, seeking forgiveness from the two Amaltas trees in my heart. I told them that I loved them exactly as they were and accepted them completely. From that moment onward, all I wished for was that they remain healthy, green, and continue growing joyfully.

As I expressed this, I experienced an overwhelming sense of peace and unconditional love flowing towards the trees. During my next visit to the ashram, all I did was embrace them with my heart and soul. This

experience made me reflect on our own lives. So often, we carry subtle expectations from people around us, and these expectations eventually become the cause of our suffering. The day we truly accept others as they are, without wanting them to change according to our desires, harmony, peace, and love naturally blossom within our lives.

Then, this year, in the first week of April I received a picture, lo and behold - one of the Amaltas trees at the entrance had bloomed!!

The sight was overwhelming, not merely because the tree flowered, but because it was a beautiful reminder of acceptance and unconditional love. I remain ever grateful to these trees for this invaluable lesson. Life is constantly speaking to us through the smallest happenings around us. All we need to do is remain humble students of life, willing to observe, listen, and learn.

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



Maitreya Dadashreeji's "Gross Peace Index" Proposal Gains attention at Commonwealth Summit 2026, London

20th April, London: The fifth edition of the Commonwealth Trade and Investment Summit 2026 was held at the historic Mansion House, bringing together Heads of Government, ministers, and senior business leaders from 56 Commonwealth nations. Under the theme "Commonwealth Solutions to Global Challenges," the summit featured high-level discussions on AI, sustainability, health-tech, and the global financial landscape.

Among the distinguished speakers; Maitreya Dadashreeji a renowned global humanitarian, transformation pioneer and spiritual leader was invited to represent India and deliver a discourse: India – Leadership Through Change to Prosperity.

In a landmark proposition, Dadashreeji introduced the concept of a 'Gross Peace Index,' urging global leaders to evaluate nations not only by economic performance but by their levels of peace, trust, and societal harmony. He advocated that, future collaborations and investments be guided by this index, fostering stability-driven partnerships.

Amid escalating geopolitical tensions, global instability has reached an unprecedented intensity, with its ripple effects now being felt across societies and economies



worldwide. Maitreya Dadashreeji at the summit shared, “The world today does not need any hero or messiah. Instead, what it needs are selfless individuals who are genuinely committed to the welfare of society to step forward and collectively establish peace!”

Reinforcing India's spiritual legacy, Maitreya Dadashreeji called for a shift from power-driven to purpose-driven leadership, inspiring collective action towards a more peaceful, united, and prosperous world.

Distancing the audience from the conventional policy dialogue, He brought a deeply human and spiritual perspective to the summit. Emphasizing that true progress stems from inner stability and emotional alignment, He highlighted the urgent need to reconnect with the essence of humanity beyond divisions of race, religion, and region. His address underscored that while economies and strategies shape nations, it is trust, compassion, and unity that sustain them.

Divine Calling

From Awareness to Action: Maitreya Dadashreeji's Spiritual Blueprint for a Changing World - Divine Calling Event in London and Germany

“You are sitting here as Peacemakers.” With these powerful opening words, Maitreya Dadashreeji addressed seekers from across Europe, the Middle East, and Asia at KUKO Rosenheim, Germany (26th April) and at London (22nd April), delivering a profound spiritual call to humanity at a time of rising global uncertainty. Following his impactful call for peace within trade, industries and entrepreneurship at the Commonwealth Summit 2026 in London, this gathering became yet another milestone in His expanding global movement towards transformation of every sector.

At the core of His message was a transformative roadmap of human evolution through three stages of awareness: Ignorant, Awakened, and Empowered. He explained that humanity must rise from ignorant unconscious existence and passive observation into awakened responsibility, and ultimately reaching empowerment, where individuals become active forces of healing, unity, and societal transformation.



India's voice resonates at Commonwealth Summit in London

India plays a key role at Commonwealth Trade and Investment Summit in London, with discussions on AI, sustainability and global partnerships alongside calls for purpose-driven leadership.

April 23, 2026 01:28 IST



Commonwealth Summit highlights India's growing influence in global economic dialogue, as leaders discuss innovation, energy and new frameworks like a 'Gross Peace Index'.

The fifth edition of the Commonwealth Trade and Investment Summit opened at the historic Mansion House in the City of London, with India emerging as a key voice in discussions on global growth, innovation and leadership.

The two-day summit, organised by the Commonwealth Enterprise and Investment Council, brought together Heads of Government, ministers, and senior business leaders from across the 56 Commonwealth nations.

With a collective population of 2.7 billion, the event represents a powerful platform for col-

door roundtables to encourage actionable dialogue.

Among the distinguished speakers, renowned global humanitarian, transformation pioneer and spiritual leader Maitreya Dadashreeji was invited to represent India. He delivered a powerful discourse titled India – Leadership Through Change to Prosperity.

Reinforcing India's spiritual legacy, Maitreya Dadashreeji called for a shift from power-driven to purpose-driven leadership, inspiring collective action toward a more peaceful, united, and prosperous world.

Distancing from conventional policy dialogue

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Dadashreeji links progress with peace

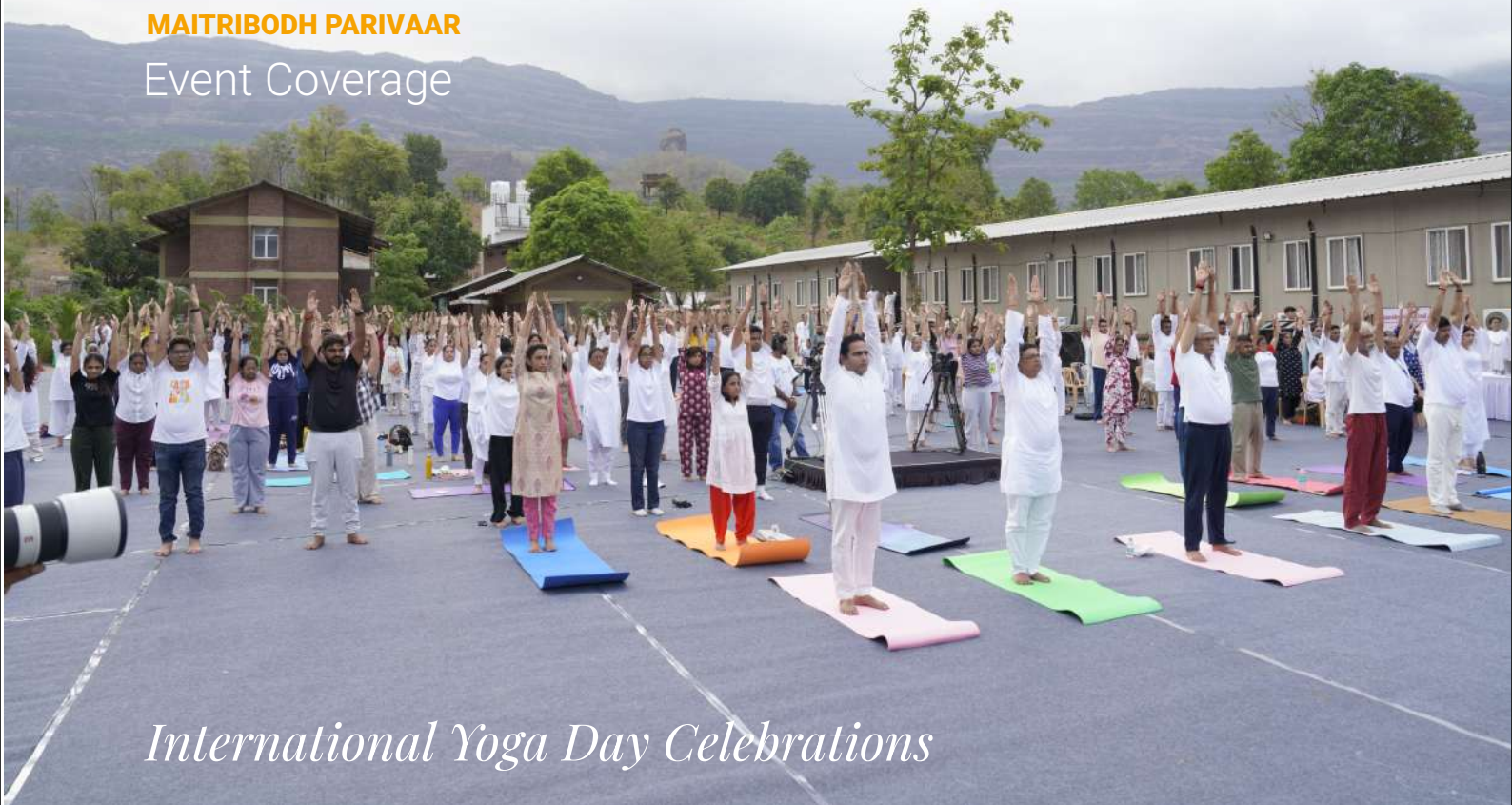
New Delhi: Spiritual leader Maitreya Dadashreeji urged global leaders to assess nations not only by economic performance but also by



कौमोदव्य समिटि 2026 में जुन 'बौस पौस इडेक्स' का प्रसार, नैनेव ददश्रीजी का वैश्विक नेतृत्व पर नया दृष्टिकोण

आखर समाचार देव

कौमोदव्य समिटि 2026 में जुन 'बौस पौस इडेक्स' का प्रसार, नैनेव ददश्रीजी का वैश्विक नेतृत्व पर नया दृष्टिकोण



International Yoga Day Celebrations

International Day of Yoga at Ashram

MaitriBodh Parivaar Celebrates a Unique International Day of Yoga Blending Maitri, Sanskriti, and Holistic Well-being.

On 21st June, 2026 the MaitriBodh Parivaar celebrated a one-of-a-kind International Day of Yoga at ShantiKshetra Premgiri Ashram, Karjat, bringing together the essence of Maitri (friendship and human connection), Sanskriti (culture), and the holistic health benefits of Yoga. Hundreds of participants gathered to commemorate the occasion and experience Yoga in its truest sense. Its spiritual ethos resonate deeply with the vision of the Ministry of AYUSH, which continues to promote Yoga as a way of life.

The event was graced by the presence of Shri. Gajendra Singh Shekhawat, Hon'ble Union Minister for Culture and Tourism, Government of India, affirming the same. Addressing the gathering, he shared that while modern innovations and technological advancements will take India to new heights, it is our spiritual and cultural foundations that will provide the strength, stability, and wisdom needed to remain unparalleled in the journey ahead.

Maitreya Dadashreeji, spoke about the path of Maitri and Sanskriti, emphasizing how these timeless values can unite society and contribute towards Bharat's rise as a Vishwaguru.



The event was also attended by Shri Gopal Krishna Agarwal, who has been working closely with MaitriBodh Parivaar on initiatives linking culture, economy, and policy for national development, and Shri Mahendra Sadashiv Thorve, MLA, Karjat-Khalapur Constituency, who continues to work towards the transformation of rural Karjat in alignment with initiatives of the organization

In addition, sevaks, mitras and maitreyis from Mumbai, Delhi and Punjab came together and held various regional Yoga and Maitri Sambodh Dhyaan events and programs.

Bringing together spirituality, Sanskriti, community, and wellness on a single platform, the International Day of Yoga celebration at ShantiKshetra Premgiri Ashram stood as a remarkable testament to India's timeless wisdom and its relevance in the modern world.





Navagraha Pooja

On 21st June 2026, a sacred Navagraha Pooja was performed at ShantiKshetra Premgiri Ashram, invoking the divine blessings and cosmic energies of the nine celestial deities, the Navagraha. Rooted in the ancient Vedic tradition, this powerful ritual was undertaken to create harmony, balance, and spiritual alignment in the lives of all.

In an atmosphere of devotion and sacred intent, the successful completion of the Navagraha Pooja generated positive spiritual merit and blessings, helping individuals navigate life's challenges with greater confidence, harmony, and grace.



Parivaar Parivartan

For the very first time, Parivaar Parivartan Transforming Parents, Transforming Children, an interactive, joyful, and spiritual workshop for the family, was organised at ShantiKshetra Premgiri Ashram, bringing families together to reconnect and emerge as a stronger unit.

Through outdoor activities, organic farming experiences, heartfelt sharing circles, introspective games, journal reflections, spiritual wisdom, practices, and moments of pure joy, participants experienced a truly one-of-a-kind journey of togetherness and transformation.

Every day became an opportunity for parents and children to understand each other more deeply, strengthen their bond together, and grow collectively with love, awareness, and unity.

Parivaar Parivartan, which started as a workshop, transformed into a living experience of connection, growth, and family harmony.



Buddha Purnima with Maitreya

Maitreya Dadashreeji blessed many souls on the auspicious day of Buddha Purnima. The day witnessed one of the most profound, powerful and unique processes for the current times - Padma Shuddhi Kriya

Our Maitreya blessed and inspired us to look beyond ourselves and help others.



Spiritual Week

Around 96 participants took part in the Spiritual Week held at ShantiKshetra Premgiri Ashram. Throughout the five days, participants immersed themselves in a journey of awakening and transformation. Beginning with self-awareness and self-realization, they moved through a process of inner purification and eventually entered the third level, The Path Divine, experiencing deeper dimensions of consciousness and spiritual growth.

The retreat concluded with a special surprise as participants received the blessed darshan of Maitreya Dadashreeji Himself. Overwhelmed with gratitude, many were moved to tears and expressed that they had never experienced anything so profound in their lives. Several participants shared their heartfelt desire to return to the Ashram and continue their spiritual journey, eager to experience this transformative environment again and again and again.



Shetkari Samruddhi Havan

On 21st June 2026, sevaks from the northern belt of Maharashtra (Khandesh - Nandurbar, Dhule, Jalgaon) came together for organizing the biggest Shetkari Samruddhi Havan (lok kalyan havan) with over 10,000 farmers participating across 150 villages and cities of Khandesh.

This Havan was organized for the progress and abundance of our farmers. Just within 24 hours of completion of the Shetkari Samruddhi Havan the region has been blessed with its first showers. All the devotees and farmers of Khandesh expressed their immense gratitude to sevaks of the region after this miracle.



Bodh - I and Dev Diksha Programs

The sacred Programs of Bodh - I and Dev Diksha were successfully conducted in Akola on 23rd and 24th May, respectively, followed by Dev Diksha in Vashi, Navi Mumbai. Through the boundless grace of our beloved Maitreya Dadashreeji, a total of 60 participants received ShaktiPravaah during Bodh - I, while 147 seekers and 14 sevaks were blessed with Dev Diksha across both locations.

Each program unfolded in an atmosphere of profound spiritual energy, unconditional love, inner peace, and deep transformation. Participants were able to receive the Divine Grace wholeheartedly, immerse themselves in the sacred spiritual flow, and experience a meaningful step forward on their spiritual journey.



Maitri Sambodh Dhyaan Sessions

A Maitri Sambodh Dhyaan session with Divine Light distribution was conducted at the Vedic BVrit Training Centre for 30 professors from Shri Vishnu Group of Educational Institutes, representing Narsapur, Bhimavaram, and Hyderabad.

Another session was held on 6th June for the Juhu Fun & Joy Group in Mumbai. Participants experienced the joy of meditation integrated with yoga practice in the serene beachside atmosphere, where the freshness of the morning and the peaceful surroundings enhanced the sense of inner stillness and divine grace.



Stress Management Sessions

Stress management sessions were conducted at multiple institutions to support mental well-being and emotional resilience.

At IES School, Bandra East, a session was held on 15th June 2026 for teachers and clerical staff, focusing on simple and effective techniques to manage stress and maintain emotional balance in their daily work environment.

In Hyderabad, a Stress Management Seminar was conducted at the Telangana Police Academy on 18th March 2026 by MaitriBodh Parivaar. The session emphasized inner balance, mental well-being, and resilience among police personnel. Around 150 trainee officers and academy staff participated, gaining practical tools to manage stress, enhance focus, and sustain a healthy work-life balance in a demanding profession.



Bhajan Sandhya & Maitri Light Camp

A soulful Bhajan Sandhya and Maitri Light Camp were conducted on 23rd April and 31st May at Sai Mandir, Lodhi Road in New Delhi.

The revered temple witnessed enthusiastic participation from devotees who immersed themselves in melodious bhajans dedicated to the Divine. The atmosphere was filled with deep devotion, positive vibrations, and collective spiritual upliftment, creating a profoundly serene and uplifting experience for all present.



When Hearts Unite for Mother Earth

On the serene morning of 5th June 2026, World Environment Day was observed at the lush Sayaji Baug (Kamati Baug), Vadodara. Participants gathered with a shared intention to express gratitude, love, and reverence for Mother Earth, creating a peaceful and heartfelt atmosphere amidst nature's greenery.



Youth Engagement Workshop 24th, April 2026

A Youth Engagement Workshop was conducted for 27 participants aged 14–18 years from the villages of Sariawadi, Kamatpada, Jambrung, and Thombrewadi. The workshop provided a safe and interactive platform for the youth to connect, express themselves, and share their aspirations, experiences, and developmental needs.

The session began with engaging icebreaker activities that fostered a welcoming environment and encouraged active participation. Through interactive discussions and group activities, participants strengthened their communication skills, built meaningful connections, and confidently voiced their perspectives.

The youth expressed keen interest in skill development opportunities, including computer education, mandala art, painting, beautician training, and mehendi classes. Their valuable inputs will help shape future programmes aligned with their interests and aspirations.

The workshop successfully fostered engagement, strengthened relationships with the youth, and provided important insights to support their holistic growth and development. The session concluded with refreshments, a group photograph, and informal interactions, leaving participants with a sense of connection and enthusiasm for future initiatives.

Session for ASHA Workers

A dedicated session was organized for 9 ASHA Workers (Accredited Social Health Activist) from various villages in Karjat, with participants ranging in age from 25 to 60 years. The session aimed to create a supportive and engaging environment where ASHA Workers could connect with one another, share their experiences, and discuss the health needs and challenges faced by women in their communities.

The session also emphasized the importance of a compassionate and holistic approach to community healthcare. Through interactive discussions and practical examples, participants explored ways to better support women and families while strengthening their role as frontline health workers in the Karjat Villages.



Stree Arogya Samvaad

A Stree Arogya Samvaad health camp was organized for the villages of Sariawadi, Jambrung, and Rajpewadi (Rajpe) with the objective of improving the overall health and well-being of women and adolescent girls in rural communities. 141 villagers, including women, young girls, and a few male participants, ranging in age from 16 to 60 years attended the camp.

The initiative aimed to create awareness about women's health through interactive and informative sessions, while also providing access to basic healthcare services within the villages. Participants received guidance from healthcare professionals on preventive healthcare practices, nutrition, menstrual health, and the importance of timely medical consultation. The camp also facilitated basic medical examinations, consultations, and treatment support for participants requiring medical attention.

Youth Game Day

An Event was organized for youth, with a total of 40 boys and girls participating enthusiastically from Kamatpada, Jambrung, Thombrewadi, and Sariawadi. The event provided a vibrant platform for young people from different villages to come together, interact, and build stronger connections with one another. Participants engaged in a variety of games, including *cricket, badminton, ludo, and chess*, creating opportunities for both physical activity and strategic thinking. The diverse range of activities ensured inclusive participation and encouraged youth with different interests and strengths to take part in the event.

The event promoted teamwork, healthy competition, sportsmanship, and social interaction among the participants. It also helped strengthen relationships with the youth, fostering a sense of community and encouraging their continued engagement in future development initiatives.



Art Connect Workshop

An Art Connect Workshop was organized for youth from the Karjat villages, offering them an opportunity to explore creative expression through activities such as *cyanotype printing, stencil art, and painting*. The session was facilitated by volunteer artists and art educators Mr. Aniket Vishwasrao, Ms. Kinnari Tondlekar, and Mr. Omkar Mankame, who generously shared their time, expertise, and passion for art with the participants.

The youth enthusiastically participated in the hands-on activities, showcasing their creativity and imagination through their artwork. The workshop provided a platform for self-expression, learning, and collaboration, allowing participants to explore new forms of art while building confidence in their creative abilities.



The Volunteer Meet-up

A pickleball contest was held on 4th April 2026 at the Chembur Gymkhana, creating a friendly and comfortable environment. The group regrouped at 7 p.m. for a collective prayer, followed by a brief discussion on plans for upcoming events in April. The meet helped strengthen bonding while encouraging active participation.

Share Some Love

The Pune team visited Sahas Animal Shelter as part of the "Share Some Love" initiative. The objective of the visit was to engage in animal welfare activities, support the shelter in its daily operations, and gain a deeper understanding of the processes involved in animal rescue and rehabilitation. It also served as a meaningful opportunity for the Pune volunteers to collaborate, contribute, and strengthen their sense of social responsibility.



Youth Bodh

The Youth Bodh session held at Aarohan Kendra, Pune was a beautiful and enriching experience for all involved. The Youth shared being filled with a vision and energy for their lives.



Earth Day Event

The cleanliness drive held in Sarabha Nagar, Ludhiana, as part of the Earth Day celebration was a meaningful and impactful initiative. Volunteers came together with a shared intention of contributing towards a cleaner and healthier environment. The initiative not only helped improve the local environment but also reinforced the importance of individual and collective responsibility in preserving nature. It served as an inspiring example of how small, consistent efforts can create a positive impact.





Environmental Initiatives

Team YGPT organized several activities to promote environmental awareness and sustainability across Pune, Hyderabad, and Nashik. In Pune, volunteers welcomed the day with a sunrise visit to Kasarsai Dam and a silent nature walk before conducting a tree plantation drive at Wakad. In Hyderabad, a Nature Trail and Mother Earth Prayer at the Osmania University campus encouraged mindfulness, gratitude, and a deeper connection with nature. A tree plantation drive was also conducted at NAB, Nashik, in collaboration with local youth. Across all locations, participants reaffirmed their commitment to protecting and nurturing the environment.



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
Pādukā Prem Yātrā	26th June - 29th July	All India
Divine Light Darshan	5th July	ShantiKshetra Premgiri Ashram
Maitri Chitta Shudhi Kriya	10th - 12th July	ShantiKshetra Premgiri Ashram
Guru Purnima celebrations	29th July	ShantiKshetra Premgiri Ashram
Divine Light Darshan	2nd August	ShantiKshetra Premgiri Ashram
Spiritual Week	19th - 23rd August	ShantiKshetra Premgiri Ashram
Bodh V.2	4th - 6th September	ShantiKshetra Premgiri Ashram
Divine Light Darshan	6th September	ShantiKshetra Premgiri Ashram
Bodh V - Empower the Self	28th September - 4th October	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.

“ *Love is a powerful
energy that will
ultimately heal this
world and gratitude
comes from Love! Make
gratitude a way of life* ”

Love & Blessings
Maitreya Dadashreeji

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