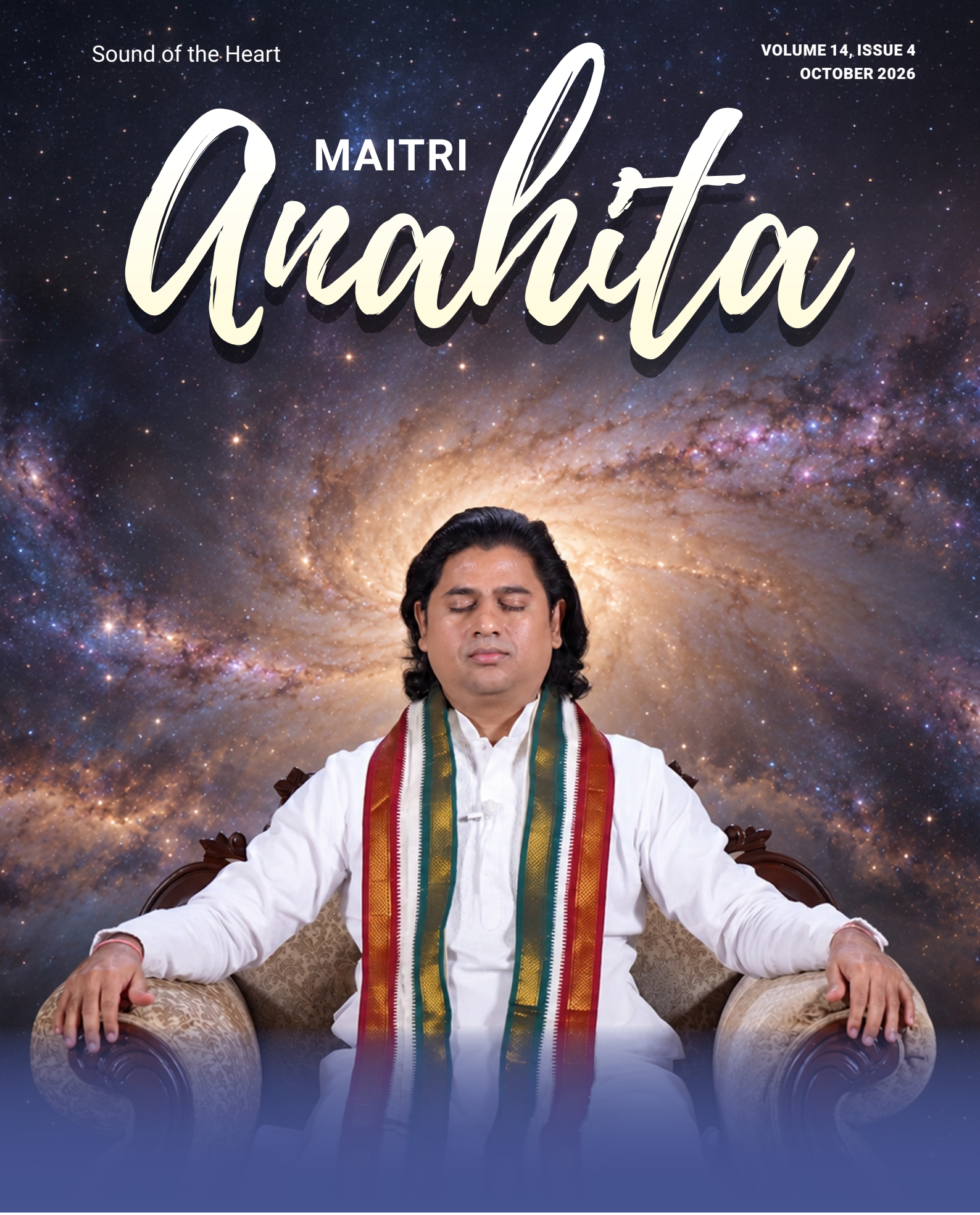
Sound of the Heart

VOLUME 14, ISSUE 4
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MAITRI Anahita



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dear Loved Ones,

Dear Loved Ones,
Namaste.
There are moments in the journey of humanity that transcend time. And with hearts filled with *joy, gratitude and profound reverence,* we share the historic revelation made on 22nd September 2026 when the Divine revealed Itself in a way that changes the very course of Creation, when the *DIVINE DECLARATION* was made - *"MahaVishnu has fully manifested through the Divine Light!"*

A moment for humanity to rejoice and recognize that the Divine has physically manifested for our salvation and to establish DHARMA (righteousness), LOVE and PEACE on this planet. Through the Divine Light, the *God of the Universe - MahaVishnu* is now carrying forward the work of transformation at the level of Creation itself. The Divine intervention is not simply about changing circumstances. It is about transforming the consciousness through which we experience and create those circumstances. It is about connecting with the Divine within and experiencing one's true nature – Love and preparing human beings for a higher way of living and being.

The direction of humanity, the future of the world and the unfolding journey of Creation are now being guided through this Divine force, through the Divine Light. This is not merely another spiritual teaching. It is a Divine Declaration. A declaration of a new phase of transformation. A time when the Divine is not distant or abstract but actively working within human consciousness. A time when the transformation of one individual contributes to the transformation of the collective. A time when each human being can awaken to its true potential and therefore, the invitation before us is simple yet profound: *Open your heart. Purify your mind. Become receptive to the presence of the Divine.*

Allow the transformation to happen within. For the great transformation of humanity does not begin somewhere far away. It begins within the heart of each one of us. At the foundation of this transformation stands the *God of the Universe - MahaVishnu* in the form of Divine Light Maitreya Dadashreeji. *The work has begun. The transformation is underway.*

In this edition, under 'Pearls of Wisdom', read in depth Maitreya Dadashreeji's profound Divine Declaration, which declares a new phase of spiritual transformation under the Divine guidance of MahaVishnu through the Divine Light, calling people to overcome division and spiritual ego, establish Dharma, serve society and the nation, and participate in a collective transformation toward a more unified and peaceful world.

On *December 25, 2026*, we celebrate *Grace Day* in honour of our beloved *Narayani Maa's birthday.* Soon after, on *December 27, 2026,* the *Global Maitri Festiva*l will culminate in Mumbai with a grand celebration of Love , Life and Transformation, commemorating the auspicious birthday of our *Prem Avataar Maitreya Dadashreeji,* with celebrations unfolding across India and the globe. Wishing each of you joyous celebrations and safe travels this festive season.

May your homes and hearts be filled with light, love, and gratitude. Let us serve one and all and share the abundance that the Divine has bestowed us with! Happy Deepawali, Hanukkah, Thanksgiving, and a Merry Christmas to all!

With Love & Light,
Team Maitri Anahita

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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.

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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Dear friends,
Today, we are going to share a very special topic.

A new era is going to begin. The work of transformation is going to happen in a different way and you already know that its beginning is with the selection of a new Indra. The idea, the concept of what Indra is and how Indra functions, is in itself a complex and difficult subject. But within the Divine system, Indra has an important role; and the selection of Indra has taken place this month, in September 2026. This was the first link in this change.

Whatever we are speaking about today may seem like, "What kind of things are these? Are these imaginary things? Or are they actually true?" You will all come to know this in the time to come. Our older members know this: Whatever we say, eventually becomes visible, manifests in the outer world. Its impact and effect can be seen.

From this point onwards, the transformation, the inner spiritual transformation, will go much deeper. And we had told you this earlier as well: This transformation is not an ordinary transformation. This is a Maha Parivartan - The Great Transformation.

But whenever we talk about transformation, whenever something changes in creation, especially when we talk about a change of a yuga, we repeatedly hear one word - "Vishnu."

Vishnu is a part of Narayana who descends onto the Earth and is known by the name Vishnu. Now, please understand that Vishnu is not a person. It is a form of Shakti, a form of energy. It is a Tattva in the universe. And the function of this Tattva is to operate and manage the universe, to manage creation. This has been happening continuously. It has been happening in every yuga.

If you look at the time of Satyug, all the rishis and realised beings of that time became one with that Divine Truth. They established a relationship with creation, a relationship of love, a relationship of oneness. They experienced that Creation and I are one. And all those rishis contributed towards the development of Creation, so that Creation could continue to move forward in its direction.

But after Satyug, as we move ahead and enter Tretayug, we see that adharma was slowly beginning to emerge somewhere.

Now, what is the difference between Satyug and Tretayug? Was there no evil in Satyug? Was there no adharma? Did adharma arise only in Tretayug? The answer is very simple.



Adharma has existed since the beginning of creation. We cannot say that adharma has suddenly appeared before us as something new. Darkness, ignorance and evil are also a part of the truth of the universe. They existed even during Satyug. But they were not visible amongst the common people.

So where were they? Where was this Shakti?

It existed in another yoni, which we call the 'asur yoni.' All those beings whom we may describe as evil or as dark energies, they were the asurs. We call them the 'asur jati' or the 'asur yoni.' They were different. You may remember the story of Rahu and Ketu. There, Vishnu again descends in the form of Mohini. You see Rahu and Ketu belonging to another yoni. There too, Dharma had to be established and Adharma had to be punished.

You see the same thing with the Vaman Avatar. There too, Dharma was established. But when we move from Satyug into Tretayug, where did this adharma go? Where did the asurs go? All these asurs, somewhere, were being born in human form. They were present among human beings, but they lived separately. Those who were religious and spiritual had a different place and a different space from these asur beings. They were separate, but they too were present in human form.

And this is where Lord Shri Ram incarnated. He came and destroyed adharma. Then, if we move further into Dwapar Yug, where were those asurs who had appeared in human form during Tretayug? All those asurs, or the negative energies and negative thoughts, began to appear within human relationships themselves. They began to appear even within the home. And when we reach this point, once again, Lord Shri Krishna incarnates. And without using weapons, He establishes Dharma.

Now, as we move further, we come to the time of Lord Gautam Buddha. At that time, these same negative energies, the qualities and energies of the asur tendency had entered even the human mind. Lord Gautam Buddha showed everyone the way how to come out of them. Through meditation, through accepting yourself, you can remove the impurities within you. You can destroy the asuric tendency within you.

Now we move further. We have reached Kaliyug (Dark Age). If you observe carefully, the intensity has continued to increase, deeper and deeper within. The influence and qualities of these asuric energies have entered within you. Now, where are they today? Today, all these energies exist in the form of Kali within your heart. And when they have entered the heart, what solution do we have?

Because today, the asur shakti or asuric qualities are not only present in the heart. They are also present in the mind. They are present in your home. They are present in relationships within your home. They are present outside your home, within society. And beyond that, they also exist in a subtle form, in the space around us. When asur shakti and negative energies exist at so many levels, how do we move forward from here? What path do we follow? How do we go within our own heart and remove all these impurities? How do we purify the mind? How do we make our heart full of love?

For this, there is a Shakti which itself is a universal Shakti. From this Shakti, emerges the Vishnu Tattva. That Shakti is MahaVishnu. Only MahaVishnu can enter within the heart and bring a transformation into that seed. A formative transformation is going to take place within the seed in your heart. It is going to happen with everyone. It is not only for a chosen few. It is for everyone, wherever you may be. It is going to happen with all of you. And the foundation of this transformation is only and only MahaVishnu.
This is because MahaVishnu is the one who carries out the function of operating and managing creation. And today, at this moment, we want to share this with all of you. We want to reveal this truth, which we have kept with us for many years while continuing to do our work. But all of you have experienced this.

That same Supreme Power, MahaVishnu, has now fully manifested in the Divine Light.

And through the Divine Light, through that Divine Form, He is going to take complete control of the entire creation.

And this is the Absolute Truth. No one can deny it. Now this work will be taken forward by MahaVishnu through the Divine Light. The country, the world, its direction and its future will be guided by MahaVishnu through the Divine Light. You all have to accept this truth.

If you have questions, you can ask us. Or, even more simply, you can ask the Divine Light itself. Because the Divine Light wants to have a relationship of only friendship with you. Only friendship. You can open your heart completely.

Whatever feelings arise within you, whatever prayers arise, whatever you want to say, you can tell everything to the Divine Light. Because the Divine Light is not an idol. It is not a photograph of a person. It is not just a picture. It is a Shakti. Those who understand this, those who see it, experience it. You certainly have the choice to reject it. You can do that if you wish. But the truth is that MahaVishnu, fully established and active within the Divine Light, is now moving forward from here towards the Maha Parivartan, to usher in the Nav Yug. You may participate in it or you may not. It is a Divine Sankalp, and it will be fulfilled.
Even before this, whenever we have undertaken any work, we have always completed it. We have never left any Divine work incomplete. This time too, we will complete it.

All you have to do is speak about whatever is within you, your concerns, your prayers, whatever arises within you. Express it exactly as it is. You may follow any guru. You may be with any guru. The Divine Light, Maitreya Dadashreeji, only wants to be with you as your friend. Even if you believe in someone else, we can still remain with you. You do not have to change your faith. You only have to give a place in your life to this purity, to this new energy of transformation which wants to establish the entire world as one family.

Give the Divine Light a place in your life. Give it a place in your heart. You do not have to do anything else. Simply keep your Divine Light with you as your friend. Through it, you will receive protection. You will receive guidance. You will receive Grace. You will experience Maitri. You will



experience Love. You will experience Peace. Whatever you want to know, whatever you are searching for, you will receive it through the Divine Light. How you choose to see the Divine Light from here onwards is completely your decision. The beginning may be with rejection. But as time moves forward, you will see the Truth revealing itself on its own. You will see that your own Divine is present within this very image. And that same Divine is protecting you and guiding you. There is no one else. Whatever I am saying to you, I am saying as an ordinary human being. But the Divine Light is completely filled with the energy of the MahaVishnu. It is filled with Love. It is filled with Maitri Bhaav. It is filled with Peace. Its only purpose is to bring happiness into your life, bliss into your life, and to prepare you for the Nav Yug.

God's only ask of you is that you work for the welfare of the people around you and serve them. The time that has now come is a time for action.

We are going to undertake a mission, the "Dharma Sthaapana Abhiyaan" (Dharma Establishment Campaign) which will continue until December 2027. All of you can participate in it. Wherever you are, in your state, your region, your area, your village, your city, even in the smallest lanes and neighbourhoods, you have to reach there and carry forward the work of establishing Dharma.

Five Key Points:

Explaining the significance of the nation.
To work in the national interest.
To conduct oneself in accordance with Dharma.
To facilitate spiritual transformation, and
To connect with the divine friend within.

May all of you be blessed.
May there be auspiciousness in your lives.
May happiness and peace come into your lives.
May all the sorrows in your lives disappear.
May there be nothing but bliss and happiness in your family.
May whatever obstacles are there in your work be removed.
May you take one step forward in life.
This is our blessing for all of you.

Love and Blessings!

Maitreya Dadashreeji

Note: This is an excerpt from Maitreya Dadashreeji's video 'Divine Declaration' released on MaitriBodh YouTube Channel on 22nd September, 2026

More about Dadashreeji, click here:

Navaratri Celebration

(11th October to 19th October 2026)

Every festival carries its unique significance and is not merely celebrated for fun and enjoyment. It's essential to grasp the deeper meanings and reasons behind our celebrations to add to their value and sacredness.

Our planet Earth draws energy from the Divine Source to orbit the Sun. The balance in Nature is maintained by the Source. This Divine Source sustains and harmonizes the Universe. In our daily lives, we often overlook the immense contribution of the Source to our existence. Everything we enjoy comes from this Source, and it's important for us to regularly express our gratitude for its provision.

Whenever there are changes in the external environment, our internal nature also experiences a transformation. Our bodies and minds adapt to these shifts. Changes in the weather and the influence of solar energy can cause our energy levels to fluctuate. When our energy is high, positivity thrives, making us dynamic, enthusiastic, creative, and happy. Conversely, when our energy dips, negativity rises, leading to feelings of greed, ego, jealousy, and hatred.

Festival days are particularly special for elevating our positive energy. These occasions are significant because the energy from the Source is at its peak, allowing us to harness it to maintain higher energy levels. Navaratri, celebrated over nine nights - Nav meaning nine and Ratri meaning nights - is an ideal time to enhance our individual energy.

God's glory, His cosmic creation, selflessness, and greatness are beautifully reflected in the qualities of motherhood. Just as a child sees the finest attributes in their mother, we too regard God as a Mother and worship Her during Navaratri. During these nine sacred days, we worship the female embodiment of creation - the Divine Mother. She symbolizes the creative aspect of the Absolute. Navaratri is entirely devoted to the Mother Goddess and all the attributes of Her motherhood.

What is the significance of worshipping Premaswaroopini Shree Ādishakti Mahākāli Mā during the nine days of Navaratri?

The term 'asur' (demon) refers to someone who is solely focused on indulging in worldly pleasures. Within us, the 'asur' symbolizes ego, sorrow, greed, jealousy, and other negative traits. The nine days of worship begin on the first day of Ashvin (September-October). During this time, the Divine Mother, the source of all energy, liberates us from the clutches of these demons. She helps us see through the veil of ignorance, revealing the illusory form of the demons. The victory over these demons is celebrated on the tenth day, Dashmi, known as Dussehra.

During the first three days, the Mother is worshipped as Durga, the spiritual force, to eliminate all our impurities.

In the following three days She is worshipped as Lakshmi, the one who bestows spiritual wealth and one who has the power to bless her devotees with inexhaustible wealth.

During the final three days, prayers are offered to Her as the Goddess of wisdom, Saraswati, for the gift of true knowledge.

In order to have a holistic life, one seeks blessings from all the three aspects of the Divine Mother.

Here are some suggestions to help a seeker receive blessings during these nine days:

- You can choose to fast all nine days, from the moment you wake up in the morning until 7 pm in the evening.
- While fasting, it's advisable to drink water, ideally warm.
- You can practice mauna, or silence, for at least one day during the nine-day period.
- You can chant the Premaswaroopini Shree Ādishakti Mahākāli Mā mantra and the Maitreya Dadashreeji mantra for 108 repetitions each day. The best time to do this is right before breaking your fast. Additionally, you may offer a prayer afterwards, to enhance positivity.
- It's advisable to be home before 7 pm to ensure you can break your fast and offer your prayers on time.
- Both outside food and packaged or processed items are strictly forbidden. It's best to stick to homemade meals during this time.

Note:

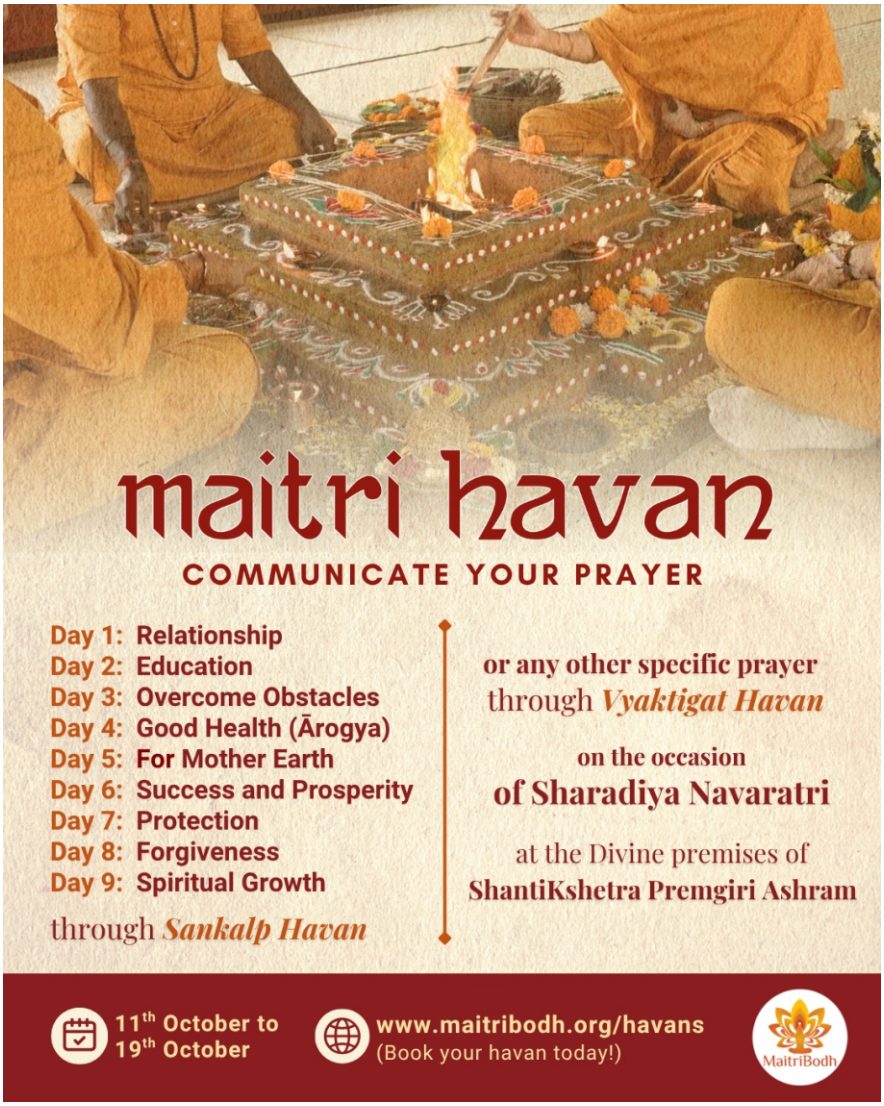
- If you have any chronic illnesses or digestive issues, please refrain from fasting. You can still follow the other guidelines, excluding the fasting aspect.
- For those unable to fast, you can chant at 7 PM and offer your prayers.
- The consumption of alcohol, smoking, and non-vegetarian food is strictly forbidden during Navaratri and on Dussehra.

Premaswaroopini Shree Ādishakti Mahākāli Mā Mantra

Aum Mahakalikaye Vidmahe
Premgiri Vasinye Dhimahi
Tanno Ghore Prachodhayat

॥ॐ महाकालिकाये विद्महे
प्रेमगिरि वासिन्यै धीमहि
तन्नो घोरे प्रचोदयात॥

Meaning:
We know that Supreme Mother
We meditate on her who resides at Premgiri
Through this meditation we would attain enlightenment



This Shardiya Navaratri receive blessings from the Nav-Durgas through ancient vedic ritual of Maitri Havan

Participate in the Maitri Havans which will be conducted at our Home, the Divine Mother's abode, ShantiKshetra Premgiri Ashram from 11th October to 19th October

One can register for two types of Maitri Havans:

- Vyaktigat (individual) Havan: You and your family members can physically visit the ashram and submit a prayer of your choice
- Sankalp (collective) Havans: This havan doesn't require your physical presence and will be carried out on your behalf. You can choose one or more of the nine prefixed sankalp for your growth.
- To know more and to register please click www.maitribodh.org/havans
- For queries and support, please message us at *77381 81005 or 74002 26257*

Global Maitri Festival 2026

Ek Bharat Hum Bharat

A celebration of *Love, Life, and Transformation; representing Seva, Shanti and Maitri,* the *Global Maitri Festival (GMF)* is the annual coming together of the Global Family to experience and express the spirit of वसुधैव कुटुंबकम् - *One World, One Family.*

The *8th annual Global Maitri Festival* carries a powerful and timely call from *Maitreya Dadashreeji - Ek Bharat, Hum Bharat*. It is an invitation to look beyond our differences and rediscover the shared values, shared aspirations and common human origin that connect us all. At its heart is a larger intent: *to nurture societal peace and strengthen the bonds that unite Bharat,* by bringing people, institutions and communities together around a shared vision of a harmonious and conscious nation.

The Global Maitri Festival 2026 will culminate through three landmark occasions:

- *Global Maitri Festival Summit: 16th November 2026, New Delhi (Global Live)*
  The year-long journey of social transformation will culminate in a powerful national and global dialogue at the GMF Summit. Thought leaders, industry representatives, celebrities, media personalities, influencers, social leaders, ministry representatives and dignitaries from national and international institutions will come together to explore possibilities for dialogue, collaboration and collective action towards a more peaceful and progressive Bharat.

- *Vishwashanti Maha Yagya: 6th December 2026, Karjat – Maharashtra (Global Live)*
  A sacred 12-hour Akhand Havan will unite participants in India and across the world on one sacred platform, offering a collective prayer and intention for Vishwashanti (World Peace). One sacred space, one intention: Peace for the World.

- *The Grand Culmination: 27th December 2026, Mumbai and Pan-India Regional Events*
  The Festival will culminate in a grand celebration in Mumbai amidst physical presence of Maitreya Dadashreeji; alongside gatherings across cities including New Delhi, Pune, Amritsar, Ludhiana, Surat, Kolkata and many cities across East and South India.

A Celebration with a deeper purpose
More than a festival, GMF is a celebration of a year-long journey of social transformation bringing together people, communities and institutions to recognise what unites us, inspire collective action, and inspires us to contribute towards a more peaceful, conscious and progressive Bharat.

This year, let us come together not merely to celebrate, but to *participate, connect and become instruments of transformation. One shared journey towards a more peaceful and transformed world.*

Come, be a part of the biggest celebration of the year!



Peace: The wealth in today's time!

Maitreyi Sulata emphasizes the message of Prem Avataar Maitreya Dadashreeji that inner peace and stability (Shanti aur Sthirta) is a state worth striving for and that it is the greatest asset one can have in dealing with the current turbulent times.

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

Why do we need peace?

In an age marked by material abundance and unprecedented connectivity, humanity is paradoxically experiencing increasing levels of stress, anxiety, conflict, and emotional exhaustion. The relentless pace of life, constant information overload, and growing social unrest have disturbed the equilibrium of the human mind. More than ever before, peace has become the most precious and quintessential quality of our times. Peace is not merely the absence of conflict but the presence of inner harmony, awareness, and emotional stability. Peace is the foundation upon which happiness, wisdom, compassion, and meaningful relationships are built. Without peace, neither material success nor worldly achievements bring lasting fulfilment.

A new metric to measure development

At the 2026 Commonwealth World Summit (CWS) in London, Maitreya Dadashreeji proposed the Gross Peace Index, thus evaluating nations on peace, trust, and societal harmony instead of just economic metrics. Today's wealth is truly marked by the possession of peace.

Our natural state

True peace originates within. It is the natural state of a soul. Peace is readily available within and all around in nature. Yet we struggle to experience it due to the limited nature of the 'self,' our agitated minds, and the attached false identity and associated separation, be it from one's true self, others, or from Mother Nature. The moment we let go of our limited identities, we open ourselves to receiving Divine Grace and experiencing peace as our true nature. Just know that 'I am Peace.' Just truly seek peace.

An individual established in inner peace responds to life's challenges with patience instead of anger, understanding instead of judgment, and love instead of fear. Such a person becomes a source of hope and harmony, inspiring peace in others. Indeed, if every individual becomes peaceful, families become harmonious, societies become compassionate, and the world moves closer to lasting peace.

Developing peace within

The practice of inner peace begins with self-awareness. Spending a few moments in a week in silence allows us to observe our thoughts and emotions without becoming enslaved by them. This quiet introspection helps us identify negative patterns and replace

them with positive, empowering thoughts. Gradually, the mind becomes calm, focused, and resilient.

Maitri Sambodh Dhyaan meditation is one of the most effective ways to cultivate inner stability. By turning our attention inward and connecting with the Divine, we experience a deep sense of tranquillity. Regular practice of Maitri Sambodh Dhyaan reduces mental clutter, strengthens concentration, and enables us to bond with our inner Divine. Alongside meditation, *prayer* deepens our faith and reminds us that we are never alone in our journey. Sincere prayer fills the heart with hope, surrender, and above all, the peace of our heartfelt prayers having reached the Divine.

Equally important is the company we keep. *Association with positive and awakened people* inspires noble thoughts and strengthens our determination to live with purity and purpose. Their influence helps us remain steadfast on the path of peace.

Peace also blossoms through *selfless service (Seva).* When we serve others without expecting recognition or reward, the ego gradually dissolves, and the heart is filled with compassion and joy. Likewise, cultivating *gratitude* transforms our outlook from lack to abundance, while *forgiveness* liberates us from resentment and emotional burdens that disturb the mind.

A *balanced lifestyle* further supports inner stability. A sattvic diet, regular yoga or physical exercise, mindful use of technology, adequate rest, and spending time in nature create an atmosphere in which peace naturally flourishes. Every conscious choice we make either strengthens or weakens our inner world.

Above all, spending time connecting with the *Divine Light* is a gentle, powerful way to quieten the mind and find deep inner peace. Divine Light absorbs the mind's noise and reconnects us to our inner Divine.

Inner Peace for a Harmonious World

Today, when the world longs for healing more than ever, *peace is the greatest wealth, the highest strength, and the most precious quality one can possess.* It illuminates our lives, enriches our relationships, and becomes the guiding light for a compassionate and spiritually awakened society. Inculcating the practice of peace and inner stability is, therefore, not only the need of the hour but also the sacred responsibility of every human being. Therefore, the greatest contribution each one of us can make to humanity is to become an embodiment of peace.

This 'state of peace' is bestowed upon us through Divine Grace. Grace follows the heart's yearning. *If we really give peace precedence over everything else in life, peace would be delivered to us.*

Lasting social harmony is the collective expression of peaceful hearts that provides the doorway to the ushering of the Divine Age!

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.

Grow by Asking



Question - In the MaitriBodh Parivaar, 'meta-awareness' is a term which has been used sometimes. Could you please explain its meaning and how it can help in daily life?

Mitra Sut - We thank you for this wonderful question! Meta-awareness or Metacognition are scientific terms used interchangeably. We will try to understand this in a simple and practical way.

Meta awareness - Precuneus - Maitri ShaktiPravaah Research

Maitri ShaktiPravaah, a spiritually powerful process of Divine energy transfer, has been used under the guidance of Prem Avataar Maitreya Dadashreeji to bring about spiritual transformation in lakhs of individuals across the world. This process has been scientifically researched using resting-state functional MRI, which showed that it brings about increased connectivity in an area of the brain called the 'Precuneus', which is deeply involved in self-awareness, emotional stability, empathy, and meta-awareness, or metacognition (published in the IJMR, 2018; PMC6206776).

What is meta-awareness?

Let us start with the basics. What happens when we are aware of our thought processes, and how does that affect our mental state? Awareness of one's mental state is an important step that likely brings about immediate corrective action if one's thinking is going in the wrong direction. If one acts immediately on a negative thought pattern, it will bring detrimental results as the action is undertaken in an unaware state. Having an awareness of negative thought patterns helps in pausing before taking action; pausing helps avoid disastrous consequences of the impulsive action/reaction. This is simple awareness.

Meta-awareness goes well beyond this, where we become an observer of our thoughts and emotions, our overall state and actions, and as to how we are in this state. It's our ability not only to think but also to become aware of our thinking as a higher-order mental functioning. Meta-awareness refers to the capacity to consciously observe the content of one's experience while it occurs. It is the awareness of one's mental processes and the ability to notice thoughts, emotions, sensations, and reactions as a witness without becoming completely absorbed in them.
Rather than functioning on "autopilot," a meta-aware individual can recognise that,

- "A fearful thought is arising."
- "I am becoming angry."
- "My attention has wandered."
- "I am reacting rather than responding."

This witnessing quality creates a space between experience and reaction. Instead of an unmindful reaction to every thought or emotion, we begin observing them with clarity and equanimity.

Meta-awareness may therefore be understood as *awareness about awareness itself.* It is consciousness turning its attention upon its own ongoing experience.

Developmental psychologist *John Flavell*, who introduced the concept of *metacognition (which is a broader term with a more comprehensive process),* laid the foundation for understanding these higher-order mental processes.

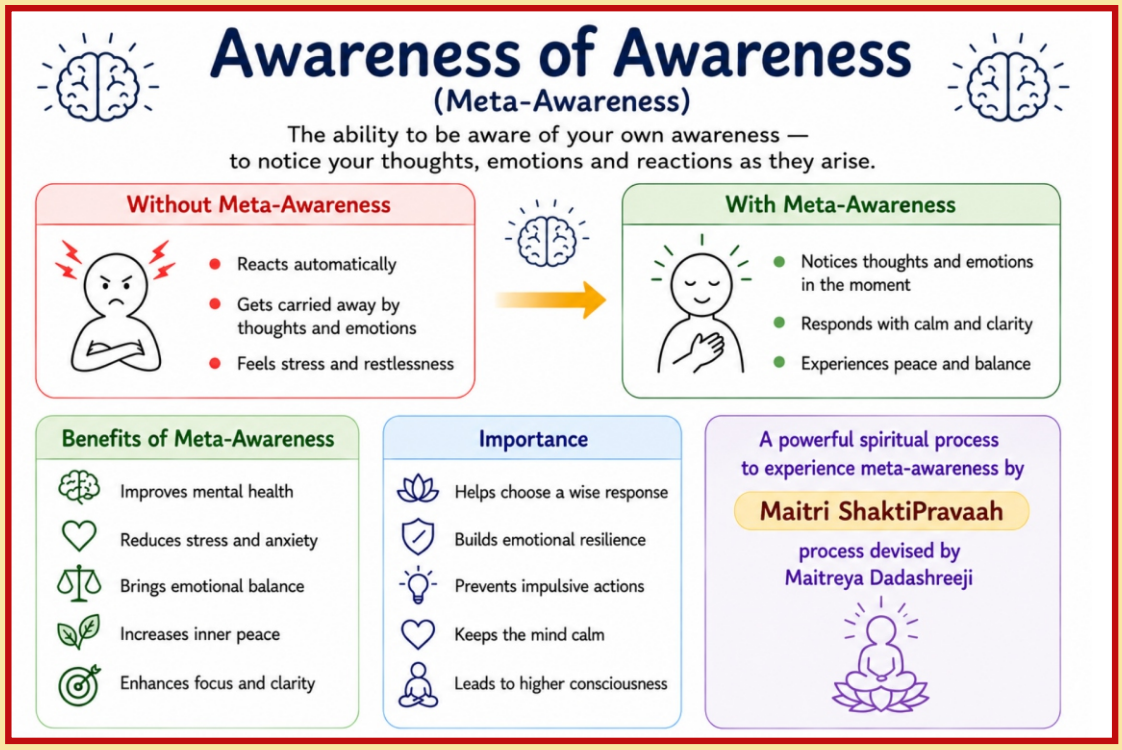
Grow by Asking

(Reference: Flavell, J. H. (1979). Metacognition and cognitive monitoring: A new area of cognitive–developmental inquiry. APA PsychNet 34(10), 906–911. https://doi.org/10.1037/0003-066X.34.10.906)

Ordinarily, awareness remains directed toward external events - people, conversations, work, problems, and sensory experiences. Meta-awareness *redirects attention inward.* This shift is profound. Instead of merely observing the world, we begin observing *how we are observing the world.*

In practical situations, whether during a complex surgical procedure, interpreting neuroimaging studies, leading a team, responding to an emergency, or interacting with family members, maintaining awareness of one's awareness allows continuous monitoring of attention, emotions, judgments, and assumptions. Decisions become deliberate, reactions become balanced, and errors arising from unconscious biases are reduced.

This helps one immensely in challenging times and regular practice establishes peace within. So, anyone who wishes to enhance one's awareness and embark on this journey to start experiencing this state of 'meta-awareness', we have a solution in the MaitriBodh Parivaar, to experience Maitri ShaktiPravaah. You may avail this golden opportunity to register for our Bodh series (link https://maitribodh.org/bodh).



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

You are not what you eat!

Ayurveda teaches us that health is not solely a function of the external in terms of intake of dietary supplements but equally an organic process premised on a healthy metabolism, says Dr Sreelatha Shetty

Consumerism has pervaded all aspects of life, and the 'health' food business is no exception. We have been swayed by the promise of better health, be it of the skin, the bones, or what you have spent thousands of rupees on 'healthy' foods and nutritional supplements, believing them to be the ticket to great health!

In this context, Ayurveda asks a simple yet powerful question: *"Can your body actually use what you are eating?*" The answer depends not on the quality of your food alone, but on the quality of your *digestion.*

Think of Your Body like a House

Imagine ordering the best quality bricks, cement, paint, and furniture to build your dream home. But what if the truck carrying these materials never reaches your house? The finest materials become useless. Similarly, the healthiest foods and the most expensive supplements are beneficial only when your body can *digest, absorb, transport, and utilise* them properly. This is why Ayurveda says that good health begins with *Agni* - the digestive and metabolic fire.

Agni - The Fire that Sustains Life

According to Ayurveda, *Agni* is responsible for:

- Digesting food
- Breaking it into usable nutrients
- Absorbing those nutrients
- Transforming them into energy and body tissues
- Eliminating waste

When Agni is healthy, even simple food nourishes the body. When Agni is weak, even the most nutritious meal may fail to provide nourishment.

Digestion is more than the stomach. Modern nutrition often focuses on *what is on your plate.*

Ayurveda also asks:

- Can your stomach digest it?
- Can your intestines absorb it?
- Can your body transport it?
- Can each cell utilise it?

Only then does food become nourishment. If digestion is impaired at the beginning, every stage that follows is affected. It is like a river that dries up at its source; the fields downstream receive no water.

Why Supplements Don't Always Work

One often comes across cases and situations where, despite taking nutritional supplements, one continues to feel tired, weak, or deficient. A possible reason for such a situation is poor digestion. If digestion and absorption are inadequate, nutrients may simply pass through the digestive tract without being fully utilised by the body. This is why two people eating the same diet can experience very different health outcomes.

Signs that your digestion may need attention

Ayurveda considers these as possible signs of a weakened digestive fire:

- Poor appetite
- Feeling heavy after meals
- Bloating or excessive gas
- Indigestion
- Constipation
- Frequent loose stools
- Excessive burping

- Coated tongue
- Feeling sleepy after eating
- Low energy despite eating well

These symptoms suggest that improving digestion should be the priority.

The Role of Ama

When food is not properly digested, Ayurveda describes the formation of *Ama* - a sticky, toxic by-product of incomplete digestion.
Ama may:

- Obstruct the body's channels (Srotas)
- Reduce nutrient delivery
- Lower immunity
- Cause fatigue and heaviness
- Contribute to many diseases if it persists

Instead of nourishing the body, improperly digested food becomes a burden.

How to Strengthen Digestion Naturally

Ayurveda emphasises simple daily habits rather than expensive products
.

- *Eat only when genuinely hungry.* Hunger is a sign that your digestive fire is ready.
- *Eat at regular times.* Irregular meal timings weaken digestion.
- *Avoid overeating.* Even healthy food becomes harmful when eaten in excess.
- *Eat mindfully.* Avoid eating while watching television, scrolling on your phone, or working.
- *Choose freshly prepared food.* Fresh, warm meals are generally easier to digest than stale or heavily processed foods.
- *Chew food thoroughly.* Digestion begins in the mouth.
- *Avoid eating before the previous meal is digested.* Constant snacking can overload digestion.
- *Stay physically active.* Regular walking and exercise help stimulate digestion and metabolism.
- *Sleep adequately.* Good digestion also depends on proper rest.

Food is nutritive only when it is digested.

Ayurveda reminds us that health is not created merely by eating nutritious foods. It is created when those foods are transformed into healthy tissues through efficient digestion and metabolism. Good digestion is the bridge between your plate and your cells. Without that bridge, nutrients cannot reach where they are needed.

Simple Ayurvedic home remedies to support Digestion and relieve Indigestion

Occasional indigestion may occur due to overeating, irregular meal timings, heavy foods, stress, or weak digestion. Simple home remedies can help support digestion.

1. Cumin-Coriander-Fennel Tea

Ingredients:

- ½ teaspoon cumin seeds (jeera)
- ½ teaspoon coriander seeds (dhania)
- ½ teaspoon fennel seeds (saunf)
- 1–2 cups water

Method
Boil the seeds in water for 5–10 minutes. Strain and drink warm.

Benefit
These herbs are traditionally considered Deepana (kindling digestive fire) and Pachana (supporting digestion). They help reduce bloating, heaviness, and discomfort after meals.

2. Ginger before meals (Ārdrak Remedy)

Method
Take a small piece of fresh ginger with a few drops of lemon juice and a pinch of rock salt about 10–15 minutes before meals.

Benefit
Ginger is described as *Agnidīpana* (enhancing digestive capacity) and helps prepare the digestive system for food.

Avoid or use cautiously in people with severe acidity, gastritis, or a burning sensation.

3. Hing water for gas and bloating

Method
Mix a pinch of asafoetida (hing) in warm water and consume. Alternatively, a small amount of hing can be added while cooking dals and vegetables.

Benefit
Asafoetida is traditionally used to support *Vata balance* and may help relieve abdominal discomfort and gas.

4. Ajwain (Carom Seeds) Water

Method
- Boil ½ teaspoon ajwain in one cup of water.
- Strain and drink warm.

Benefit
Ajwain is considered useful for *Deepana and Pachana* and is traditionally used for heaviness, gas, and sluggish digestion.

5. Buttermilk with digestive spices (Takra)

Ayurveda considers buttermilk *(Takra)* beneficial for digestion when prepared appropriately.

Method
To diluted buttermilk, add:
- Roasted cumin powder
- A pinch of rock salt
- Coriander leaves

Benefit
It supports digestion and is traditionally used to maintain healthy gut function.

Avoid chilled buttermilk and excessive intake during severe indigestion.

6. Warm water after meals

Sipping small quantities of warm water after meals can support digestion. Ayurveda generally recommends avoiding large quantities of cold water immediately after eating, as it may reduce digestive efficiency in some individuals.

7. Triphala at Night (for those with constipation-related indigestion)

Method:
A small quantity (1/2 – 1 tsp) of Triphala powder may be taken with warm water/warm milk at bedtime.

Triphala is traditionally used to support healthy bowel movements and maintain digestive balance.

You are not simply what you eat. *You are what you digest, absorb, and transform.*

A healthy digestive fire transforms food into nourishment; a disturbed digestive fire turns even good food into a burden. Health must be approached in a balanced manner by paying heed not just to what one eats but equally to how efficiently the body metabolises the intake. Bodily health profits best from a holistic approach.



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.

Sattu Maavu – Health Mix

In a world which is perpetually in a hurry, more often than not, processed and pre-packaged food finds its way onto our plates. Sattu Maavu Health Mix is one of the gems of traditional Indian foods, which connects us to healthy and wholesome nourishment, writes Seethalaksmi Manikandan



Sattu Maavu health mix is a traditional South Indian multigrain, millet-based powder which, when mixed with water or milk and cooked into a smooth sweet or savoury porridge, forms a popular, wholesome breakfast for toddlers, kids, and equally adults!

Ingredients for Sattu Maavu Mix

- Par-boiled Rice (any other variety is also fine) - 1/2 kg
- Wheat - 1/4 kg
- Pearl Millet (bajra) - 1/4 kg
- Finger Millet (ragi) - 1/4 kg
- Foxtail Millet (thinai/kangani) - ¼ kg
- Corn - 1/4 kg
- Horse Gram - 1/4 Kg
- Green Split Gram (green moong dal) - 1/4 kg
- Barley - 100 gms
- Roasted gram dal - 100 gms
- Sago (Sabudana) - 50 gms
- Peanut - 50 gms
- Flattened rice (poha) - 50 gms

Optional Ingredients

- Black gram (black chana) - 50 gms
- Kidney beans (Rajma) - 50 gms
- Split pigeon pea (Toor Dal) - 50 gms
- Split chickpeas (Chana Dal) - 2 tbsp
- Cardamom (Elaichi) powder as required; to be added only at the time of preparing the porridge if taken with milk
- Pepper/cumin (jeera) powder (as required; to be added only at the time of porridge preparation if taken with buttermilk and salt)
- Carom (ajwain) powder (1-2 tsp to be added at the time of preparing the porridge)

Method

-
- Let everything cool nicely and grind it to a fine powder.
- Cardamom powder, pepper, cumin powder, and carom are added only for flavour. Hence, it is to be added only at the time of porridge preparation.
- All ingredients should be clean, dry-roasted slowly on a medium flame, and nicely cooled.
- Roasted ingredients should be ground to a fine powder. Hence, it is preferred to take it to a flour mill instead of trying to grind at home.

How to Prepare

Take 1 tablespoon for one person, add a little water, and stir it nicely to remove lumps if any. Then, in a wide pan, add two glasses of water (quantity may vary according to the consistency one needs) and boil. Once the water starts boiling, add this mixture stirring continuously so that no lumps are formed. Once it reaches a nice thick porridge-like consistency, turn off the flame.

Then you can add sugar/jaggery and milk or salt, pepper, cumin, carom, and/or asafoetida with buttermilk according to your taste. Before adding buttermilk, cool the porridge nicely. More often than not, going back to our roots provides us the gateway to healthy eating - Sattu Maavu health mix is one such great option widely used in South Indian households but entirely deserving of being adopted by the larger Indian populace!



Often, going back to our roots provides us the gateway to healthy eating - Sattu Maavu health mix is one such great option.



Seethalakshmi is a home maker, animal lover and passionate towards serving humanity.

Protein Rich Ladoos (Fasting Special)

Fasting is an act of love and surrender to the Divine; here is a recipe shared by Maitreyi Jinita which celebrates that love by providing essential nourishment to those who surrender themselves to the Divine!

A wholesome, naturally sweet snack packed with the goodness of fox nuts, amaranth, dry fruits, and seeds. Perfect for Navaratri, Ekadashi, Shravan, MahaShivratri, and other fasting days.

Ingredients

- 2 cups fox nuts (makhana)
- 1 cup amaranth (rajgira) flour
- ½ cup roasted almond powder
- ¼ cup watermelon seed powder (magaj)
- 2 tbsp white sesame seeds
- 2 tbsp chopped pistachios
- 1 cup soft, seedless dates
- ½ tsp cardamom powder
- Pinch of cinnamon & rock salt
- 3 tbsp clarified butter (ghee)

Method

- Dry-roast the makhana until crisp. Allow it to cool and grind coarsely.
- Heat the ghee and roast the amaranth flour until aromatic and lightly toasted.
- Blend the dates into a smooth, soft paste.
- In a large bowl, combine the roasted makhana, amaranth flour, almond powder, watermelon seed powder, sesame seeds, pistachios, cardamom, cinnamon and rock salt.
- Add the date paste and mix well until the ingredients come together.



- Shape the mixture into bite-sized ladoos and refrigerate for 20-30 minutes to set.
- Store in an airtight container for 5-7 days at room temperature, or for up to 2 weeks in the refrigerator.

Goodness in Every Bite

These wholesome ladoos combine plant-based protein, healthy fats, fibre and essential minerals in a naturally sweet treat. They provide nourishing energy while avoiding refined sugar and regular wheat flour and are gluten-free.

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



Native Seeds – When Nature Knows Best

Going native in seed cultivation is critical not only in terms of ecological balance but equally for maintaining the sovereignty of farmers, suggests Priti Bhosale.

Native seeds are those that originated and evolved naturally in a specific region over thousands of years without direct or indirect human intervention. The plants from these seeds naturally adapt to local climate, soil, and ecological conditions, allowing them to thrive with minimal irrigation, maintenance, or protection from pests, even as they underpin the very ecology that sustains them.

Playing God through reckless intervention on the template of Creation

The issue with hybridization or genetic modification (GM) of native seeds is that we have taken interference in nature's plan to a level that is unsustainable for the ecology as well as human health. Even as seeds are being biologically altered, the extreme example of a seedless fruit spells doom for the delicate balance inherent in nature's ecosystems; such fruits cannot reproduce on their own, depriving wildlife of food and forcing farmers to use intensive artificial propagation methods that harm LOCAl biodiversity and deplete soil health.

Interrupting even one sowing cycle of native seeds signals an end to an entire breed/variety of crop that had been grown for several generations because seeds of many crops are not viable for sowing the next year. If they remain unsown for a year or more, their rate of germination falls to an unviable level. Also, seed saving is a science. A farmer who is susceptible to natural calamities finds it difficult to protect seeds from floods, drought, fungus, disease, and rot. Hence, the government needs to invest in seed labs and seed banks.

Likewise, a plant born from a non-native seed is more likely to disturb the ecosystem where it grows. Such plants have fewer natural predators, thus turning the plant into an invasive weed. This reduces the growth of other necessary plants. Farmers generally choose hybrid seeds based on advertised benefits such as resistance to pests. Systemic toxins in seeds or plants not only kill pests but also other important insects or pollinators, thus disturbing the whole food chain.

Need of the hour

Protecting native seeds is an important step toward safeguarding agricultural diversity and food security. Farmers should be supported in saving, exchanging, and selling heirloom seeds, while seed markets can benefit from fair competition and diverse participation. Consumers too can make informed choices by valuing nutritional quality, diversity, and sustainability rather than focusing solely on size or appearance. Governments can further contribute by promoting balanced, evidence-based agricultural policies that support farmers, biodiversity, and responsible seed choices.

Native seeds are those that originated and evolved naturally in a specific region over thousands of years without direct or indirect human intervention.

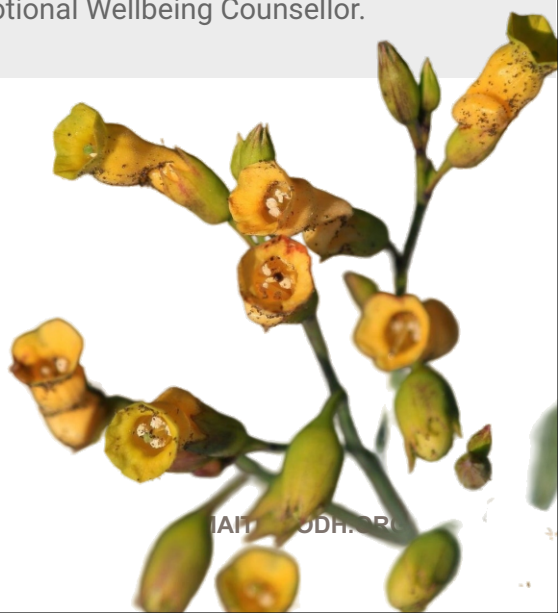
An example begging for emulation

Widely known as “Beej Mata”, Rahibai Soma Popere is a farmer and conservationist who has dedicated her life to safeguarding India's native seeds and traditional agricultural knowledge. She has conserved 122 varieties across 32 different crops and has been honoured with the Padma Shri for her remarkable contribution to agricultural biodiversity.

Another inspiring example is Dr Debal Deb, a pioneering seed conservationist also known as a "Seed Warrior," who has devoted his life to preserving India's indigenous rice heritage, conserving more than 1,400 traditional rice varieties. His efforts have helped keep these precious varieties alive while inspiring farmers to embrace biodiversity and sustainable farming practices. Their journeys demonstrate how individuals can become custodians of an invaluable seed legacy, protecting not only crop diversity but also the culture, resilience, and ecological wisdom embedded within it.

Our farmers need such inspiring examples to recognize the value of native seeds and bring them back into cultivation. Let the preservation, use, and propagation of these seeds become a powerful legacy for healthier generations, resilient farming communities, and a more sustainable future!

Priti Bhosale is a graduate of Mass Communication who diversified into the field of Natural farming, trained from IAFN/RIFA,Srilanka. Working for over 10 years as a farmer trainer. She is recently trained as a Telepathic Nature communicator and Emotional Wellbeing Counsellor.



Tales of Transformation

How Maitreya Dadashreeji Shapes and Guides my Everyday Life



In this column, we will feature stories of transformation from the members of our vast family - moments from day to day living and how the Grace of Maitreya Dadashreeji shapes us in new ways, helping us discover and bond with 'Dada' - our Inner Divine.

Dr. Kunti Nagwekar

This month, we share the metamorphosis of *Maitreyi Kumudini* with our readers as shared by *Maitreyi Jagruti* Gala.

Dr Kunti Nagwekar (Maitreyi Kumudini) was raised in Mumbai in a devout family and developed a strong spiritual foundation from an early age. She studied at Satya Sai College and later married a chemical engineer who became the CEO of Mahindra and Mahindra. She is a mother of two boys. With nearly three decades of experience as a lecturer and a vice principal at a prestigious Mumbai college, she took voluntary retirement and now lives with her elder son in Mumbai. Dr Nagwekar values her connection to the MaitriBodh Parivaar and cites her association with Maitreya Dadashreeji as a pivotal influence in her life.

You said that since the age of four, you have known of God. How has this connection been your whole life? Please share with us about your connection with the Divine.

When I was four, my uncle introduced me to Sri Satya Sai Baba. At the age of five, I had His first physical Darshan at a Bhajan Sandhya. At the end of the program, He threw a flower at me, and with that, He took the reins of my life in His hands. At the age of seven, I started doing His pooja, and He became my best friend. At the age of fifteen, I became a junior Bal Vikas teacher, inculcating human values in children. At seventeen, I joined Sri Satya Sai College of Commerce, where, along with routine studies, I studied spiritual texts and biographies of seers like Sri Aurobindo, Vivekananda, Ramana Maharishi and more. I was drawn to Ramakrishna's Supreme Devotion and prayed for the same Para Bhakti that he had experienced. I became interested in bhakti and read books on Tukaram, Janabai, Meerabai, Gyaneshwar, and more. On returning to Mumbai, I got married and moved into a very loving joint family. I did face a few challenges in my marriage, but I drew my strength from Baba's teachings.

And so, after having this kind of an intense experience throughout your life, how did the road then turn towards MaitriBodh Parivaar and to Dadashreeji?

I was invited by my longtime friend to her house for lunch. While I was sitting in her living room, I noticed a large picture of a young person with sharp, bright eyes who looked like a Guru. When I asked my friend about who He was, she said, "He is Maitreya Dadashreeji, whom I spoke to you about a few years ago." I recollected the conversation and remembered that I was travelling abroad the very next day and did not pay much attention to her conversation. I was now very eager to meet Maitreya Dadashreeji and saw Him for the first time on 18th February, 2023, at the Mahashivratri event. A few meters away right in front of me, sat Maitreya Dadashreeji. He was smiling and

nodding at everyone. Everyone started chanting loudly, “Dada, I love you!” In a soft voice, He responded, “I love you too!" Something strange started happening to me. There was a tingling sensation in my spinal cord; waves of joy filled my heart; there was a choking sensation in my throat; tears were flowing uncontrollably; my forehead and head became cold. I did not know who He was, but I was touched by His love, compassion, and humility. I knew that He did not belong to this Earth. When He got up to leave, my heart was crying, “Please don’t leave so soon.” My tears would not stop. I walked out and immediately registered for the Spiritual Week. Despite my knee pain, I completed Bodh levels 1 to 4 within two weeks of meeting Dadashreeji.

I believe you had a powerful experience in Israel; can you share about that?

Yes, there was a remarkable incident during my visit to Israel. Everywhere I looked, I saw Dadashreeji instead of Jesus. It was quite bewildering, as until then, I had not fully understood who Dadashreeji was; I simply felt drawn to him like a magnet, not by conscious choice, but by a deeper pull. In the presence of the Divine Light, I questioned, “Are you Jesus Christ?” Throughout my journey, the Divine Light was always with me. On the last day, as we prepared to leave Jerusalem, I sat quietly with my eyes closed, listening inwardly. The answer came: “I am not Jesus Christ. I am the One who sent Him. I am the One he called ‘My Father.'" This revelation left me in awe; I was deeply moved by this experience. I kept this experience to myself, hesitant to speak about it. A week later, I shared it with a core mitra and he confirmed that what I received was indeed the truth, and that the world would eventually know of it.

The answer came: “I am not Jesus Christ. I am the One who sent Him. I am the One he called 'My Father.'"

The Divine Light became my best friend; I would talk to Him every day and receive answers from Him. I would cry for hours, wondering why I did not come to Dadashreeji earlier. I missed 10 years of loving and serving Him.

So what have you done with all this? How are you managing this powerful energy? How did you then begin to contain all this?

Dadashreeji has taken over my life. While I consciously do many things, this journey is beyond my control; I am simply flowing with His energy. Once, my Divine Light gave me a direct sadhana: “Whenever thoughts about 'I,' like being someone’s daughter or someone’s wife or a PhD holder etc. arise, offer them to the Divine Light and accept that I am 'Nothing.'" This practice has shaped my spiritual journey. I attended the first Saat Din Saat Sadhana (SDSS), and my life transformed completely. I jokingly say that my life is divided into before SDSS and after SDSS. The Kunti who went in and the Kunti who came out from SDSS were two different people. The transformation was on all levels. On the physical level, I lost seven kilos of weight, which I was not able to do for many years. My body relaxed, my eyes became soft, and my facial expressions were tender. I was smiling a lot more. My breathing had become serene and rhythmic. I was totally indifferent & sometimes even loving to people who were critical of me. My mind was peaceful & calm. My intellect had become sharp after all the useless & unwanted thoughts & worries had left me. My decisions were clear & quick. My emotion was Love for my Divine & for everyone around me even for strangers.

He blessed me with Para Bhakti that I had been praying for since I was seventeen. Once I asked Him whether the answers I receive from the Divine Light are my imagination or are they

from Him? “Yes, without doubt, all those answers are from me," replied Dadashreeji from the stage.

You have written a book, Kumudini ji, please share something about that for our readers

Once during Saat Din Saat Sadhana, Dadashreeji asked all of us who would like to write a book with the title ‘Me and My Dada’. Almost everybody raised their hands, and so did I, it was then when I decided to write my very first book despite not having any prior writing experience because for me, His wish is my command. My prayer to Dada was that “I would be a mere channel for this book to be written by You”.

I spent eight days reflecting on what should be the core message of the book; it was then revealed to me by my Divine Light. The message is that ‘The Divine isn't somewhere out there in the cosmos, He lives in our heart and is our best friend who listens to us and talks to us constantly’. This is the message I wished to share with the world through my book, *My Divine Talks to Me!*

How was it for you to receive your spiritual name? What shifted for you?

Oh, my goodness, it was truly an extraordinary experience! I had been secretly praying that Dadashreeji give me a spiritual name. On 30th May, 2026, we were all seated in the Dhyaan Manthan Kshetra at ashram, He called out my name and announced that He would give me an spiritual name. He called me forward and whispered in my ears that my name from now would be Kumudini, which means, ‘A White Lotus that blooms with the touch of The Divine’.

The following day He called out my name and said “I have given you such a beautiful name, it symbolizes purity, love, fragrance and stillness.” Since receiving the name, I am experiencing a profound shift in my being.

What, according to you, is the relevance of the MaitriBodh Parivaar in the current time?

There will always be challenges and uncertainties in life, and at present, these have reached a peak. Whatever is happening in the world affects everyone differently. For example, the COVID-19 pandemic was a shared global experience, yet people responded in various ways; some fell into depression or despair, while others showed resilience, served their communities, found opportunities, or celebrated quiet moments with their families. Ultimately, the impact of external circumstances depends on the individual. What we as individuals must do is to create a strong bond with Him and share His love with everyone.

Dadashreeji's work is centred on transforming each person from within. He connects directly with every individual, understanding precisely what each one needs. With immense patience, He holds each person's hand, recognizing that everyone is at a different stage in their personal journey; some may be just beginning, while others are further along. He supports and strengthens each person, not only so that they can withstand life's challenges but also so that they can, in turn, support others.

Even during turmoil, no matter what difficulties arise, staying connected with Him makes it possible to serve selflessly (Seva) wherever one may be. This continuous connection and service, regardless of external circumstances, is truly remarkable and forms the essence of the MaitriBodh Parivaar's relevance today.



The Blessing that transformed my Life

My journey with Maitreya Dadashreeji began in 2020 when I was introduced to the MaitriBodh Parivaar. At that time, I did not know that this introduction would become one of the greatest blessings of my life. Looking back today, I feel immense gratitude for every step of this beautiful journey. I noticed small but meaningful changes within me. I began to feel calmer, more patient, and more aware of my thoughts and emotions. Situations that would once disturb me no longer affected me in the same way. This inner transformation has been one of the greatest gifts that Dada has given me. I have experienced Dada's Grace in many ways. Some experiences were simple moments that quietly strengthened my faith. During difficult times, whenever I prayed sincerely or remembered Dada, I felt protected and guided. When I am faced with certain challenges in my life, I trust that everything is unfolding for my growth. I have learned the importance of selfless service. It is reflected in how we treat others, how we serve others without expecting anything in return, and how we choose love, kindness, and compassion. I have learned humility and gratitude. Dada's teachings remind me to look within, remain peaceful, surrender, and continue moving forward with faith. Although I'm still learning, I can clearly see how much I have changed since beginning this journey. Dada's guidance has encouraged me to cultivate gratitude, forgiveness, and awareness in every aspect of my life. I offer my sincere gratitude to Dadashreeji for His unconditional love, guidance, and blessings. My prayer is that I continue to walk this path and always remain an instrument of His love, peace, and selfless service. Love you, Dadashreeji, always and forever.

With deepest gratitude and love,
Madhumala Sur



When the Divine became my Friend

Since I got the Divine Light and completed Bodh-I, I felt something within me started shifting. My connection with the Divine Light started deepening, and with every glance at my Divine Light, I experienced love flowing from Dada, akin to a parent's love, which moved me to tears for no apparent reason.

I also got Dada's padukas home and invited people for darshan and even distributed the Divine Light. I could not believe my actions as I have never openly professed any faith or believed in following any specific process. These experiences pushed me to enrol for Bodh-II and III. My experiences after Bodh-III have been so profound that no words can describe them. Dada brought me closer to the Divine Master, Mahavataar Babaji. The peace I have experienced since, is something I cherish. Anytime I feel low, angry, or helpless, I speak to Dada through the Divine Light, and it has brought a lot of reassurance and emotional stability. Dadashreeji has embraced me with the kind of love that only a parent can give his/her children, and I firmly believe He is there for me. I needed that kind of support - what more can one ask for when my Divine Friend is walking with me at every step of the way, be it in my day-to-day life or in my spiritual growth and transformation! He has lit a light of kindness and compassion within me such that now I accept and flow with life as it is; rather than letting things bother me.

Padmaja Ganesh



From helplessness to gratitude

This is one of the many experiences that has strengthened my faith in the Divine Grace of Dadashreeji.

I am currently in Australia, pursuing my master's degree, and I was facing a major challenge. My final semester fees of AUD 23,000 had to be paid within a strict university deadline. A bank letter that needed to be sent from Australia to India was supposed to take only four days, but due to conflict and war-related disruptions, it took almost a month to arrive. Because of this delay, I could not arrange the funds on time. As the deadline approached, I felt helpless. Looking at my Divine Light, I prayed, "Dada, I don't think I will be able to arrange such a large amount in such a short time. It seems impossible." This was my heartfelt conversation with the Divine.
A few minutes later, a friend called me and connected me with another person whom I had never met before. This person did not know me, had never seen me, and had no reason to help me. Yet, he sent me a WhatsApp message saying, "Your entire fees have been paid. Whenever you can arrange it, you may pay me back. There is no rush." I was overwhelmed. Tears of joy and gratitude filled my eyes. I kept wondering how someone who doesn't even know me could trust me with such a large amount. At that moment, I looked at my Divine Light, and within my heart came the answer: "Everything is possible."

This experience reminded me once again of how selflessly the Divine helps us. Sometimes, we do not even need to say anything. When the bond with the Divine is strong, He listens even to the unspoken prayers of our heart.

Dadashreeji's blessed image carries immense power, and I have experienced His Grace countless times. This is just one of many such miracles in my life.

Dada, my deepest gratitude and love for helping me grow each day on this spiritual journey.

Vidya Pagare

A Spiritual Retreat Experience – A Divine Call

My spiritual inclination developed slowly over the last few years. After my father went to his heavenly abode, I started reading about the soul's journey.

I always wanted to experience spirituality beyond books and discourses and to spend time at an ashram and experience it from within. But somehow, it never happened. Even my much-awaited Mansarovar Yatra last year was cancelled at the very last moment. I often wondered, "Am I not prepared for such an experience yet?"

Then, unexpectedly, a known person shared a post about a Stress Management session by the MaitriBodh Parivaar. Attending the session stoked my curiosity about the MaitriBodh Parivaar.
When a Parivaar member shared the brochure for a Spiritual Week at the ShantiKshetra Premgiri Ashram, I felt drawn towards it. I spoke to people who had attended earlier, and their experiences encouraged me to attend it without overthinking the matter.
Initially, I registered for Bodh - I and II. A Maitreyi kept encouraging us to continue on to Bodh - III, but I was certain we would stop after Bodh - II. Yet, after experiencing the first two Bodhs, something within me wished to go deeper. I decided to continue.

It truly felt like a Divine Call.

Our journey began at ShantiKshetra Premgiri Ashram near Karjat, amidst the beautiful Bhimashankar hills. The lush green mountains, clouds, and waterfalls created a completely different atmosphere. The moment we submitted our phones, we disconnected from the outside world and turned inward.
Bodh - I was about self-realisation: pausing, looking within, and understanding ourselves beyond our usual thoughts, roles, and identities.

Bodh - II took us deeper into our beliefs, fears, attachments, emotions, and old patterns. There were deep moments of introspection, emotional release, and inner cleansing.

Bodh - III (Path Divine) took us towards our relationship with the Divine.

We were also fortunate to meet Dadashreeji and listen to Him for almost an hour. His simplicity, warmth and presence created a beautiful feeling of peace, love, and connection. It became the most memorable culmination of our journey.

For me, the biggest takeaway is very simple, viz., trust the process and trust the Divine. These learnings are surely not going to transform us in a day. But, if we practice them, I believe life will unfold beautifully.

Looking back, I feel the cancelled pilgrimage trip was perhaps not a rejection. Maybe I was simply being prepared for the right experience at the right time.

What began with a few questions and a desire to understand spirituality became a beautiful journey of experience.

Perhaps we think we are searching for the Divine, when in reality, the Divine is quietly guiding us all along.

Preeti Daga

Experiences from the LOCA Light Retreat

The LOCA Light Retreat presents an opportunity to slow down, step away from the noise, and let the mind rest in stillness.

The meditative techniques shared during the retreat helped me to calm my mind and lower my stress and encouraged living in the moment, leading to a sense of inner peace and balance. Starting the day with focused intention provided us with a sense of direction.

Being in the presence of the Divine and soaking in His energy imparted a sense of compassion and oneness to us.

On the last day, as we practised the teaching of spreading Maitri bhaav to humanity imparted to us by Dadashreeji , I felt my body energised, vibrating with love and Maitri. Participation in the Havan, followed by Maa ki Aarti, helped me realise that my true state is nothing but love! Just as the flames of the sacred fire in the havan spread warmth in its vicinity, it is equally my sacred duty to share warmth and love with the whole of humanity!

I was happy, peaceful, and calm, devoid of any noise. I thanked everyone with all my heart. I love you, Dadashreeji, always and forever.

Akhil Dhall

I am Asmi, a 22-year-old living in Mumbai. I have spent my entire life in a city that moves at a fast pace. If I want to order something, it is just a blink away. Everything has become so quick that somewhere along the way, I forgot what it meant to slow down and simply be in the moment.

I was going through a phase where even resting, when I genuinely needed it, was making me restless. I would think, "Why am I resting? I need to do something. I need to be somewhere." There was this constant feeling of having to do something, even when I had to do nothing. My body would be resting, but my mind was constantly running. Slowly, it started taking a toll on my mental health. I was becoming irritable, frustrated, and quick to react.

That is when I attended the LOCA Light Retreat at ShantiKshetra Premgiri Ashram. I honestly did not know what to expect. I just saw the message, registered for it, and it turned out to be one of the best decisions I made for myself.

The retreat was very different from the other spiritual programs that the MaitriBodh Parivaar offers. Maitreya Dadashreeji has done so much work on the unconscious mind, and now there was a focus on the conscious mind, the part that helps us live in this practical world, act, and make choices. And this is where most of us suffer. I did too.

Maitreya Dadashreeji said something during the retreat that stayed with me: "Doing something is easy, but doing nothing is difficult." As the days went by, I began to understand how true this was for me. When I am doing nothing, I am left with all those thoughts and the things I was escaping, the changes I was not willing to make, and the comfort zone I was not willing to step out of.

The time spent in the retreat pushed me beyond my limits. There was no escape and no choice but to face what I had been avoiding, tackling things I had been putting off.

The initial days were tough. There were moments when I strongly wanted to go back home because I could not understand what was happening. I kept thinking, "I can't do this. This is too tough." But somewhere within me, something kept pushing me. And as I kept going, I realised the strength I had within me. I just had to push myself a little and have faith that I could do it.

That experience of pushing through also helped me understand that my mind would often be somewhere other than where I was physically. Before the retreat, for example, if I was painting, my mind would be somewhere else. I would be thinking, "After I finish this painting, I need to call this person, message someone, finish this work, go there… How will I do all of this?" Physically, I was painting, but mentally, I was everywhere.

During and after the retreat, something changed. When I am doing something, I am now actually there; I am present in the moment. If I am painting, I am painting. If I am working, I am working. This has improved my efficiency, productivity, the quality of my work, and, most importantly, my mental peace.

I can now rest without constantly feeling guilty or stressed about what still needs to be done. I know the work is there, but I am not overwhelmed by it. My decisions have become clearer, and while the challenges have not disappeared, the way I look at and deal with them has become much clearer.

For me, the biggest takeaway from the LOCA Light Retreat is not just learning to slow down, but learning to be present, face what I have been avoiding, and trusting myself enough to know that I can handle it.

Asmi Patel

A few months back, I had the opportunity to meet Dadashreeji. After the encounter, I experienced a deep shift within myself. It took me a few days to become aware of what had changed. I could feel a significant shift in my internal spiritual state, as though an important part of my journey had been completed.

After experiencing this shift, something that had always existed subtly within me began to emerge with much greater intensity, the wish to become like a blank paper.

When I heard about the LOCA Light Retreat, I felt naturally drawn to participate. The retreat took that inner experience much deeper.

In the retreat, we spent time with our own selves. As the days passed, I became increasingly present in the moment. I noticed that my thoughts were beginning to dissolve on their own. I did not have to suppress or control them. There was simply less need to engage with them.

Devotees' Experience

I could actively experience a state of nothingness. There were moments when there was just presence without the constant movement of thoughts, plans, expectations, or analysis. The more I experienced this, the more I understood the depth of simply being present.

By the end of the retreat, I felt like that blank paper again, empty, yet completely full within. The retreat did not feel like learning something new. It felt like everything unnecessary was dissolving, allowing me to experience what was already within, my Maitreya.

My entire existence is not enough to thank my Dada for how grateful I am to have experienced His immense unconditional love and the experience of truth that He provided. The only way I can thank Him is by continuing to serve His creation to the best of my abilities, always and forever. Love you, my Dada, eternally.

Shruti Kshirsagar

Having participated in the LOCA Light Retreat, I would like to share my journey and the learnings that stayed with me. It felt like a complete detox from unnecessary information and external noise. It was simply an opportunity to turn inward, slow down, and truly watch yourself. One of the biggest learnings for me was that throughout our lives, we gather spiritual knowledge from many sources - scriptures, books, YouTube, discourses, Bodh, and conversations. But what I understood was that knowledge without action is only information. The moment you start walking the path and personally experience what you have been learning, that experience becomes your true knowledge. During the time I spent in the retreat, I began observing my mind closely. I noticed how it constantly creates thoughts, how many of those thoughts are unnecessary, and how cleverly the mind distracts us. Sometimes, a thought would take over my attention, and it would take me a few moments to even realize that I had been carried away. Thoughts keep coming and going every few seconds. But as the days passed, I slowly learned to observe those thoughts without immediately reacting to them or becoming attached to them. I would see a thought arise, stay for a while, and then dissolve simply because I was watching it without feeding it. And then something even more interesting happened. Thoughts, desires, emotions, and things that we often suppress or avoid began coming to the surface. Usually, we find ways to distract ourselves or run away from them. But in the retreat, there was nowhere to run. You had to face them. Watch them. And let them pass. There came a point when things became irritating and frustrating. Yet, somewhere within, I felt a very simple guidance: "Just watch." Keep flowing." These words stayed with me and helped me throughout my journey in the retreat. At the end, I would say this to anyone who is planning to experience LOCA-Light Retreat: Give it your complete trust. Trust the Divine. Surrender yourself. And do exactly what the Divine asks you to do.

By the final day, you will find answers to all your questions and even answers to questions which you hadn't thought of. "JUST WATCH AND KEEP FLOWING."

Harshad Phadtare

शांतीक्षेत्र प्रेमगिरी धामी, प्रकटे नारायणाची कांती,
चैतन्याच्या त्या स्पर्शे, उजळे अंतरंगीची शांती

ध्यान मंथन क्षेत्री बैसुनी, नयन सजल करून घेते
अंतर्यामी बुडता बुडता, स्वरूपाचे दर्शन घेते
गर्भगृहाच्या पावन स्थळी, चैतन्य दाटूनी आले
माँ काली महाकालांचे चरणी, मस्तक हे लीन झाले
शांतीक्षेत्र प्रेमगिरी धामी, प्रकटे नारायणाची कांती,
चैतन्याच्या त्या स्पर्शे, उजळे अंतरंगीची शांती

गुरुकृपेच्या त्या वर्षावे, अज्ञान भस्मसात होय
कुटीर ध्यानाच्या मौनी, कल्मषनाशन होय
चित्तशुद्धीच्या साधने, वासनांचा त्याग घडे
निर्मळ अंतःकरणी तेव्हा, दिव्य तेजाचे कवाड उघडे
शांतीक्षेत्र प्रेमगिरी धामी, प्रकटे नारायणाची कांती,

अमृतशक्तिप्रवाहाचे क्षणी, वर्षांचे ओझे उतरते
Spiritual Week च्या पर्वणी, आत्मज्ञान प्रकटते
दादांच्या नयनी पाहता, काही विस्मयकारी होते
निःस्वार्थ सेवेतूनी माझे, अहंभाव गळूनी जाते
शांतीक्षेत्र प्रेमगिरी धामी, प्रकटे नारायणाची कांती,
चैतन्याच्या त्या स्पर्शे, उजळे अंतरंगीची शांती

आत्मज्ञानाच्या त्या प्रकाशे, जीवन कृतार्थ जाहले
भवसागर पार करुनी, वैकुंठाचे द्वार उघडले
रूपांतरित होऊनी पूर्ण, आनंदसिंधूत न्हाले
गुरुचरणी ऐक्य पावुनी, धन्य धन्य मी झाले
शांतीक्षेत्र प्रेमगिरी धामी, प्रकटे नारायणाची कांती,
चैतन्याच्या त्या स्पर्शे, उजळे अंतरंगीची शांती

नीलम परदेशी

Meaning

In the holy abode of ShantiKshetra Premgiri, the radiance of Narayan manifests,
Through the touch of that Divine Consciousness, the peace within illuminates.

Seated in the Dhyaan Manthan Kshetra, I let my eyes fill with tears,
Sinking deep within myself, I behold the vision of my true form.
At that sacred site of the Garbhgruh, divine consciousness came flooding in,
At the feet of Maa Kali and Mahakal, my head bowed in surrender.
In the holy abode of ShantiKshetra Premgiri, the radiance of Narayan manifests,
Through the touch of that divine consciousness, the peace within illuminates.

Under the shower of the Guru's grace, ignorance turns to ash,
In the silence of The Kutir, self-realisation dawns.
Through the practice of Chitta Shuddhi, desires are released,
And in the purified heart, the gateway to Divinity opens.
In the holy abode of ShantiKshetra Premgiri, the radiance of Narayan manifests,
Through the touch of that Divine Consciousness, the peace within illuminates.

In the moment of Amrit ShaktiPravaah, the burden of years lifts away,
In the sacred time of the Spiritual Week, self-knowledge reveals itself.
Gazing into Dada's eyes, something wondrous unfolds,
Through selfless seva, my ego dissolves and falls away.
In the holy abode of ShantiKshetra Premgiri, the radiance of Narayan manifests,
Through the touch of that Divine Consciousness, the peace within illuminates.

In the light of that self-knowledge, life has found its fulfillment,
Having crossed the ocean of worldly existence, the gates of Vaikunth open wide.
Transformed and made whole, I bathe in the ocean of bliss,
United at the Guru's feet, blessed, blessed have I become.
In the holy abode of ShantiKshetra Premgiri, the radiance of Narayan manifests,Through the touch of that Divine Consciousness, the peace within illuminates.

Nilam Pardeshi



Pādukā Prem Yātrā

1st July - 29th July

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

In the Ramayana, when Bharat could not convince Lord Rama to return to Ayodhya, he brought back Lord Rama's Padukas and placed them on the throne. The Padukas became a symbol of Lord Rama's Divine Love, Grace, and Presence. Across the Yugas, the form of the Divine may change, but the Lotus Feet of the Divine remain eternal carrying and transmitting Divine Consciousness. Keeping this sacred tradition alive, devotees of the MaitriBodh Parivaar reverently welcome and worship the Padukas of Prem Avataar Maitreya Dadashreeji, journeying with them through the holy month and leading up to Guru Purnima.

Across Bharat, the sacred Padukas of Prem Avataar Maitreya Dadashreeji journeyed through cities, towns, and villages, carrying a message of Love, Transformation, and Selfless Service to thousands.

The Padukas also graced over a thousand devotees' homes, inspiring moments of devotion, joy, and inner connection. Ecstatic devotees sang, danced, and celebrated a sacred reunion with their true selves.

The Yatra culminated at ShantiKshetra Premgiri Ashram, Karjat, where, on the auspicious occasion of Guru Purnima, the Padukas returned to their home in a grand celebration.



Maitri Cultural Economy Samiti

17th July, Kolkata



A significant step towards making culture a driver of sustainable development was taken with the Maitri Cultural Economy Samiti (MCES), a flagship national initiative of the MaitriBodh Parivaar, concluding in Kolkata.

The summit brought together policymakers, government leaders, academicians, industry experts, artists, cultural practitioners, and intellectuals to explore how India's rich Sanskritic heritage can fuel economic growth, tourism, entrepreneurship, heritage conservation, and nation building. Addressing the gathering, Chief Guest *Shri Gajendra Singh Shekhawat, Hon'ble Union Minister for Culture & Tourism,* said, *"When culture is connected with livelihoods, it empowers communities. When it is integrated with the economy, it creates opportunities that benefit every section of society, especially at the grassroots."* He highlighted Bengal's creativity, resilience, innovation, and cultural excellence as vital strengths contributing to India's journey towards *Viksit Bharat.*



Shri Suvendu Adhikari, Hon'ble Chief Minister of West Bengal, in his message, said the summit would usher in "a new wave of cultural awareness, economic empowerment, and public participation", providing fresh direction and pathways for the state's development.

Shri Rathindra Bose, Speaker of West Bengal, welcomed the initiative and invited people across the country to experience Bengal's rich heritage, vibrant traditions, and immense potential. *Dr. Shankar Ghosh, Hon'ble Minister of Tourism and Parliamentary Affairs, Government of West Bengal,* emphasized the need to connect Bengal's cultural and spiritual legacy with development and livelihoods, ensuring that heritage is preserved while creating new opportunities.



Event Coverage

Smt. Purnima Chakraborty, Hon'ble Minister of State, Information & Cultural Affairs and Tourism, described Sanskriti as a strength that connects the wisdom of the past with the aspirations of the future, calling its preservation an investment in a progressive and culturally rooted society.

Dr. Indranil Khan, Hon'ble Minister of State (Independent Charge) for Consumer Affairs, Sports and Youth Services, highlighted the role of culture in holistic development and appreciated the MaitriBodh Parivaar's *'Chinta Mukt Bharat 2032'* initiative for its focus on strengthening mental well-being across communities, educational institutions, and organisations.

The summit explored key themes including cultural economy governance and policy, temple and spiritual economies, Eastern India's cultural-economic potential, the historic Anga-Banga-Kalinga civilisational connect, and the role of AI, heritage documentation, and intellectual property in preserving India's cultural legacy in the digital age.

The highlight of the summit was the keynote address by *Maitreya Dadashreeji,* who presented a transformative three-point roadmap for reviving Bengal's cultural consciousness and strengthening its contribution to India's development.

He shared, *"Awareness begins at a point, expands through a radius, and ultimately forms a circle. In the same way, Bengal's cultural resurgence starts with one individual, grows through every community, and flourishes when the entire state moves together with pride, purpose, and participation."*

The gathering acknowledged Maitreya Dadashreeji's vision and commitment to social and economic progress, inspiring a holistic approach to nation-building.

The summit thus laid a strong foundation for a culture-linked economic ecosystem in West Bengal, envisioning the state's rich heritage as a catalyst for inclusive growth, sustainable livelihoods, cultural preservation, and long-term prosperity.





Dialogue Over Division

23rd July 2026, Mumbai

Amidst ongoing national protests and heightened public tensions, the MaitriBodh Parivaar brought together leading members of the film fraternity, influencers, media journalists, and public voices for a dialogue focused on peace, responsible participation, and constructive solutions.

Guided by *Maitreya Dadashreeji*, the interaction witnessed the presence of acclaimed actors Smita Jaykar, Raj Arjun, Kajal Aggarwal, Makarand Deshpande, Kunickaa Sadanand, Adinath Kothare, Sneh Zala, RJ Malishka, Manav Manglani, and other prominent members of the entertainment and media fraternity.

Reaffirming the MaitriBodh Parivaar's commitment to peace, Maitreya Dadashreeji said, *"Wherever there is disturbance, the MaitriBodh Parivaar will be there. We are pro-peace. We choose peace. Our responsibility is not merely to react, but to restore harmony."*

Emphasising the role of youth, he said their energy must be channelled towards constructive nation-building, adding: *"India's future will be built through peace, not through unrest."*

He called for research-backed, solution-oriented public participation, stressing that lasting transformation comes through solutions, not merely demands. He also urged timely communication between institutions and citizens, saying, *"Delayed communication creates uncertainty, and uncertainty fuels anxiety. Transparent dialogue builds trust."*

Appealing for restraint and empathy, he urged both youth and law enforcement to uphold mutual dignity, emphasizing that violence from either side only weakens society. Reiterating the MaitriBodh Parivaar's non-partisan approach, Maitreya Dadashreeji said, *"We are not with any political party, ideology, or religion. We stand for One World, One Family."*

The dialogue concluded with a collective Peace Resolution, reaffirming a commitment to non-violence, responsible leadership, constructive dialogue, and national unity. The MaitriBodh Parivaar reiterated its resolve to serve as a bridge for dialogue, healing, and constructive action wherever society faces unrest, guided by its vision of: *Ek Bharat. Hum Bharat.*





Gen-Z Awakens with Maitreya Dadashreeji

12 August 2026, Karjat

On International Youth Day 2026, *Youth for Global Peace and Transformation (YGPT)*, the youth wing of the MaitriBodh Parivaar, hosted the third edition of *Meet My Maitreya* - an open and thought-provoking dialogue between young minds and spiritual visionary, global humanitarian, and founder of the MaitriBodh Parivaar *Maitreya Dadashreeji*.

Hundreds of young people gathered at ShantiKshetra Premgiri Ashram, while students and faculty from schools and institutions across India joined online.

The dialogue addressed questions shaping young lives today, from purpose and uncertainty to technology, mental well-being, social movements, substance abuse, leadership, and lasting peace encouraging youth to look within, think independently, and take responsibility for the future they are creating.

Opening the dialogue, Maitreya Dadashreeji urged young people to examine whether their ambitions truly reflect their own aspirations or expectations imposed by others:
"Are young people living for goals that genuinely belong to them, or are they pursuing goals imposed by someone else?"

He also cautioned against allowing generational labels to define potential, emphasizing that Gen Z, like every generation, is diverse and cannot be reduced to a category.

From Reaction to Responsibility

With AI rapidly transforming education, careers, and society, he urged young people to understand the technology and engage with it consciously rather than remain passive users. On civic












participation, he emphasized responsibility over blind support or opposition: *"Young people need not support or oppose anyone blindly. Their responsibility is towards the nation."*

He called upon the youth to contribute constructively supporting what they believe serves the nation and offering thoughtful improvements where they disagree. He further urged young Indians to take their knowledge and opportunities to communities beyond cities: *"The youth of today have a responsibility to serve the nation, especially rural India... Bring real change with your involvement."*

Peace as the Path to Transformation

A central message of the gathering was that change need not come through confrontation. Maitreya Dadashreeji encouraged young people to pursue meaningful transformation through calm, conscious, and peaceful action.

The third edition of the *Meet My Maitreya* ultimately became more than an International Youth Day gathering. It became a space for young India to question deeply, reflect independently, and act consciously.

At its heart was a simple call:
From external validation to inner clarity.
From complaint to responsibility.
From reaction to conscious action.
From confrontation to peaceful transformation.





LOCA Light Retreat

ShantiKshetra Premgiri Ashram, 17th to 23rd August 2026

The first-ever LOCA Light Retreat, conducted in the presence of Maitreya Dadashreeji, brought together 90+ participants at ShantiKshetra Premgiri Ashram for a transformative seven-day inward journey.

Offered completely free of cost, the retreat provided a space to step away from the noise of everyday life and reconnect with oneself through guided practices, silence, stillness and conscious awareness.

At its heart was an exploration of the conscious mind encouraging participants to observe their thoughts, emotions and inner patterns with greater awareness, fostering mental clarity, emotional balance and inner peace.

More than a practice, silence became a state of being, allowing participants to experience deep stillness and connect with their true selves. The retreat, held under the Chinta Mukt Bharat 2032 initiative, emerged as a unique approach to holistic well-being empowering individuals to cultivate greater peace within and become more conscious instruments of positive transformation in society.

Daivik Pran Utsav

ShantiKshetra Premgiri Ashram,
4th to 7th September



ShantiKshetra Premgiri Ashram came alive with devotion and celebration as the Daivik Pran Utsav brought devotees together for four days of prayer, rejuvenation and spiritual joy in the presence of Divine Light Maitreya Dadashreeji.

The Utsav beautifully blended devotion with celebration through Maha Aartis, Bhajan Sandhya, Gau Puja, Paduka Abhishekam and Janmashtami festivities. The vibrant Dahi Handi Utsav, Palki procession carrying the Divine Light of Maitreya Dadashreeji brought devotees, families and children together in an atmosphere of love, joy and surrender.



The Divine Light Maitreya Dadashreeji Sankalp Pooja, offered devotees a sacred opportunity to place their personal prayers and sankalps at the feet of the Divine Light.

For devotees, the Utsav was more than a celebration, it was an experience of Presence, Grace and Unconditional Love. Daivik Pran Utsav became a memorable expression of faith, devotion and spiritual rejuvenation.





Stree Arogya Samvaad

Stree Arogya Samvaad is a community health initiative focused primarily on improving access to healthcare, preventive health awareness and medical guidance for rural women, while also supporting the health and well-being of their families and communities.

During July and August 2026, health camps were conducted across Hirewadi, Devpada, Thombrewadi, Rajpewadi, Jambrung and Saraiwadi, reaching 213 participants. The camps offered health check-ups, one-to-one consultations, medicines, nutritional support and guidance from healthcare professionals.

The camps provided rural women with a safe and welcoming space to discuss their health concerns, seek medical advice and make informed health choices. Active participation and positive feedback from repeat beneficiaries reflected growing trust in the initiative and the value of continued healthcare support.

The initiative strengthened community engagement and encouraged proactive health-seeking behaviour among women. Going forward, regular follow-up camps, wider village outreach, and focused sessions on nutrition, menstrual health, maternal care and women's preventive health, along with stronger referral support, can further strengthen continuity of care and expand the initiative's impact.

Youth Crochet Workshop

A Youth Crochet Workshop was conducted on 5 July 2026 for girls aged 14-18 from Saraiwadi, Kamatpada, Jambrung and Thombrewadi villages. The session introduced crochet as a creative skill while nurturing patience, concentration, fine motor skills, creativity and self-confidence.

Through demonstrations and guided practice, participants learned basic crochet techniques and began creating their own crochet pouches, applying their skills to a practical project. The workshop encouraged peer learning, collaboration and self-expression, with all participants creating a foundation in crochet and several progressing significantly on their pouches. Participants also expressed interest in exploring painting, collages, mandala art and other creative activities.

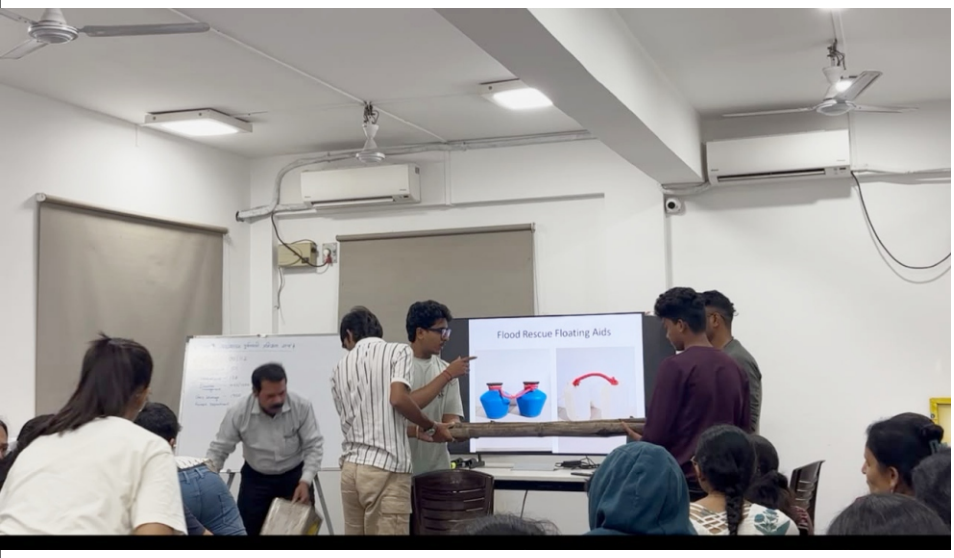
A follow-up session will support completion of the pouches, continued learning through the WhatsApp group, and further creative workshops based on participants' interests.

Building Disaster-Ready Communities

In response to the recent floods and landslides in the Karjat-Neral region, the MaitriBodh Parivaar, in collaboration with LOCAl partners, conducted a three-day Disaster Management Preparedness Training Programme from 11th - 13th July 2026.

The programme reached 405 participants across Solanpada, Jambrung and Abhinav Junior College, including village residents, youth volunteers, the Ashram staff, students and community representatives. Led by disaster management experts, NDRF trainers, mountaineering professionals and medical practitioners, the training covered flood and landslide safety, rope rescue, emergency equipment, CPR, first aid and practical rescue simulations.

Through hands-on learning, participants developed essential emergency-response skills and greater confidence on how to act during disasters. The programme also strengthened youth leadership, community participation and coordination among LOCAl organisations and technical experts.
The initiative reinforced the importance of community-led preparedness, regular mock drills and continuous skill-building. Going forward, the MaitriBodh Parivaar aims to support refresher trainings, village-level response teams and wider disaster preparedness efforts across the Karjat-Neral region, helping build safer, stronger and more resilient communities.





Stress Management & Emotional Stability

The MaitriBodh Parivaar continued to extend its *Stress Management and Emotional Stability (SMES)* programme across the healthcare, business, professional and corporate sectors, creating meaningful spaces for participants to explore emotional well-being, inner balance and mindful living.

- *Kokilaben Dhirubhai Ambani Hospital, Indore:* The first corporate SMES session for the healthcare sector in Indore was conducted with enthusiastic participation from the medical fraternity. The positive response opened avenues for further engagement with healthcare institutions.

- *Amravati Management Association (AMA)*: An SMES session brought together 82 business leaders and professionals, receiving strong engagement and appreciation. The interaction marked an important step towards expanding outreach within Amravati's professional community.

- *Rotary International, Midtown, Amravati:* Participants experienced the SMES session along with Maitri Sambodh Dhyaan, receiving it with warmth and positive engagement. The collaboration also created opportunities for wider community outreach through Rotary's grassroots initiatives.

- *Plasti Surge Industries, Amravati:* The session focused on personal well-being, teamwork and alignment towards a common organisational purpose. Employees participated with enthusiasm, making it a meaningful engagement with the manufacturing sector.

Together, these engagements reflect the MaitriBodh Parivaar's growing outreach across diverse professional communities, bringing a message of peace, emotional stability and inner well-being into workplaces and institutions.





Events conducted by Youth for Global Peace and Transformation (YGPT)

YGPT continued to engage youth through initiatives focused on self-awareness, community service, leadership, well-being, skill-building and meaningful connections.

- *Blood Donation Camp:* In collaboration with Jaslok Hospital and Western College of Commerce and Business Management at Vashi Railway Station, YGPT volunteers supported the camp, which collected 71 blood bags.

- *Clean-Up Drive:* Volunteers from Mumbai and Pune came together at ShantiKshetra Premgiri Ashram for a rain-defying clean-up drive, strengthening the spirit of seva, teamwork and collective responsibility.

- *Disaster Management Workshop:* Participants gained practical knowledge of flood preparedness, disaster prevention, safety and emergency response, with an emphasis on awareness, preparedness and collective action.
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- *Kamatpada Youth Bonding Session:* Experiential activities, team-building and sharing circles helped youth overcome hesitation, build trust and strengthen communication, collaboration and self-expression.

- *Youth Bodh – Awakening to Self-Realisation:* Youth Bodh sessions across India provide a space for self-reflection, meaningful dialogue, awareness and inner growth, encouraging participants to become better versions of themselves.

- *Old Age Home Visit:* Volunteers spent quality time with elderly residents, listened to their stories and served them a wholesome meal, creating a meaningful experience of care, compassion and connection.

- *Refreshment Drive:* Ek Noor Charitable Trust, Amritsar: Volunteers engaged with children through games and activities and distributed stationery, games and clothes, creating moments of joy, connection and sharing.

- *YGPT Youth Connect:* Youth came together for games, conversations and discussions around interests, aspirations and future opportunities, strengthening friendship, belonging and team spirit.

- *Volunteer Meetup - Rajmachi:* Volunteers from Mumbai and Pune participated in a two-day gathering featuring nature trails, team activities, reflection and bonding. The meetup concluded with the International Yoga Day at the Ashram in the presence of Maitreya Dadashreeji, reinforcing unity, wellness and seva.

Event Coverage

- *Gaushala Visit – Amritsar:* YGPT volunteers supported Kamdhenu Gaushala through donations of medicines and essential supplies, meals for caretakers, cleaning and hands-on assistance, reflecting compassion, teamwork and service towards all living beings.

- *Rise with Purpose:* Sessions in Ahmedabad and at SVKM's Dwarkadas J. Sanghvi College of Engineering, Mumbai, encouraged youth to connect with their core, reflect on their aspirations and become more intentional, motivated and purpose-driven in their personal and professional lives.













“To manifest your prayers, you need to act.”

Maitreya Dadashreeji



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

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

Nestled in the serene Bhimashankar mountains of Jambrung village, our center serves as a sanctuary for personal growth. Featuring a yoga hall, dormitories, and various facilities, we are dedicated to creating an inspiring environment where individuals can engage in self-discovery and community connection.

Your Support is Crucial

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





Make a Difference Today

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

TO DONATE, PLEASE
SCAN THE QR CODE BELOW

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

Thank you for your commitment and generosity!

Programs & Offerings

Event	Date	Venue
Bodh - V (Empower The Self)	28th Sept. 4th Oct.	ShantiKshetra Premgiri Ashram
Divine Light Darshan	4th October	ShantiKshetra Premgiri Ashram
Navaratri Utsav Navaratri Havan	11th - 19th October 11th - 19th October	ShantiKshetra Premgiri Ashram Online / ShantiKshetra Premgiri Ashram
Dussehra (Shobha Yatra)	20th October	ShantiKshetra Premgiri Ashram
Divine Light Darshan	1st November	ShantiKshetra Premgiri Ashram
Dev Uthani Ekadashi	20th November	ShantiKshetra Premgiri Ashram
Divine Light Darshan	6th December	ShantiKshetra Premgiri Ashram
Global Maitri Festival	27th December	Pan India

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.

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