



I LISTEN U

WELCOME TO THE WORLD OF **MaitriBodh Parivaar**

Transforming ourselves
and our world—through
personal and social changes.
A place to uplift human
consciousness and discover
the true essence of Life.



Hello, Hola, Namaste! *Greetings of Love!*

As Bob Dylan once sang,
“The times they are a-
changin’!” Do you keep
hearing this from nearly everyone
around you? No matter who I speak
to, the conversation arrives at the
same theme. The world is changing,
and it feels scary.

Uncertainty and rapid change
can feel daunting, especially if we
don’t have someone we can trust
and talk to, which leads to loneliness
and eventually a state of depression.

To fight this loneliness, some
have faith in religion, others in
energies; some have faith in nature;
some develop faith in various
blessed forms.

Sometimes overwhelming situa-
tions throw us so far off our center
that we feel lost and don’t know
who to turn to for that genuine help.
I love that this magazine calls to our
community helping community,
people helping people, and some-

Maitreya Dadashreeji, *Please guide us towards the Light!*

*“We all exist on our beautiful Mother Earth to enjoy the
human experience at an individual level as well as part
of a global society at large, as one world, one family.”*

times a call to the Divine for help.

Loneliness is now an epidemic
in the United States. In a survey run
by Harvard Graduate School in
2021, it was noted that 36% of
Americans, including 61% of young
adults and 51% of mothers with
young children, experience “serious
loneliness.” I believe that the cause
of loneliness is the lack of connec-
tion with others and our inner self.

Many of us hold our feelings
inwardly. When we do try to express
ourselves, it may come out sideways
as anger towards others, which can
lead to violence or even self-harm.

MaitriBodh Parivaar is a loving

global family of friends who wish to
help you experience Love. One of
our ways is helping people express
in a safe environment without judg-
ment. We do this through our free
service called I Listen U, at the
website: IListenU.com. This is a
beautiful, selfless service where
anyone can fully and confidentially
express themselves to a trained,
neutral, and empathic listener. The
listener prepares themselves through
months of spiritual practices to be
an empty vessel so the participant
can fully empty out their emotional
burden and welcome positivity in
their lives. We do not offer advice,
as this is not a counseling service.

We encourage you to express and empty yourself to the listener who gives only un-conditional love. This practice gives a way for increased confidence to face challenges.

It has helped me in overcoming my introversion and feelings of being judged. (Even writing this article is a huge accomplishment for me!) Listening sessions are offered for 30 minutes each. You may share anything burdening your heart. Do note that, if comments about harming yourself or others are made, we are required by law to report this. Only under these circumstances would a break in confidentiality be made.

Whether you feel physically, mentally, or emotionally unsettled, or simply need someone to talk to, we are here to help. Feel free to contact us at IListenU.com. Also, feel free to peruse our main website to know more about us and the love we share: MaitriBodh.org. ■

Gratitude

Blessings



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