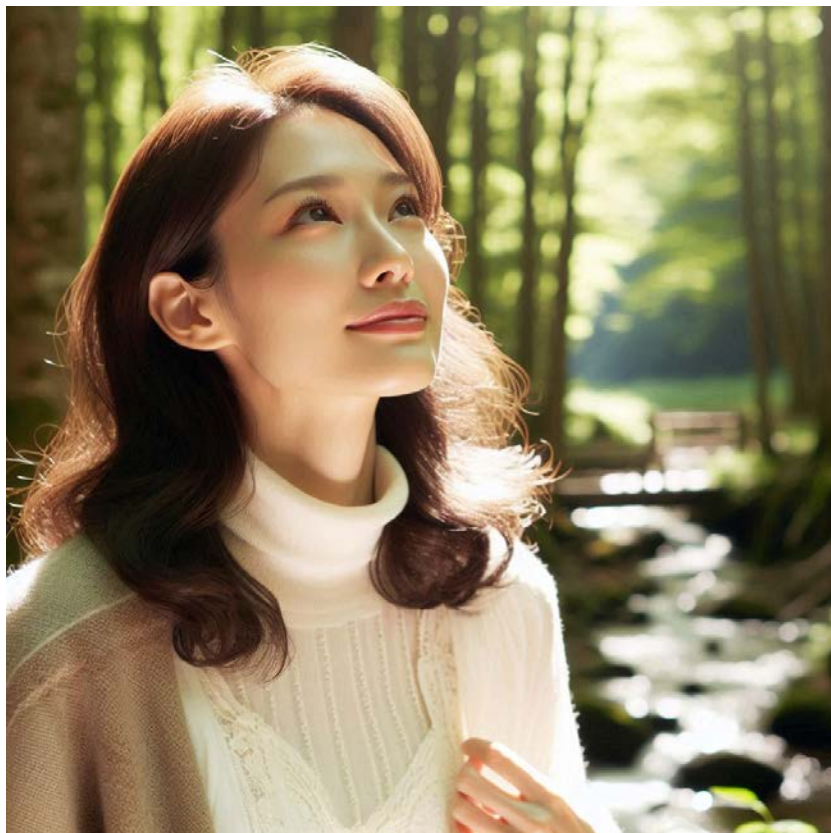


Unlocking the Power of Purification—

Maitreyi Leila Zemke
MaitriBodhUSA.org



A Journey to Inner Peace



Have you ever walked in nature, where the cool breeze gently caresses your face and a deep sense of calm washes over you? In those precious moments, you feel pure love and a connection to something greater. We often wish to hold onto that serene feeling just a little longer. Yet, the pressures of daily life—finances, family, and the weight of our own and others' expectations—often consume us, leading to overwhelming thoughts that suppress our true emotions and qualities, leaving us unfulfilled.

For those who believe in reincarnation, the burden of these patterns of expectations, desires, and missed opportunities may span lifetimes, creating a heavy baggage that weighs us down. But what if there were ancient techniques, passed down through generations, that could help us shed these accumulated impressions? Techniques that could enable us to rise to our true nature and experience love naturally and effortlessly in every moment?

One such powerful technique is the *Chitta Shuddhi Kriya*, designed by Spiritual Guide Maitreya Dadashreeji. This spiritual technique is a systematic, progressive, and effective method to cleanse unwanted, detrimental, and traumatic impressions from your subconscious level—impressions that have blocked your path to growth and happiness.

The Three Levels of Purification

Purification, as described by Maitreya Dadashreeji, occurs on three levels: physical, psychological, and deep subconscious. As you move inward from one level to the next, the process becomes slower, yet more powerful.

The Physical Level: Your body has natural mechanisms to eliminate unnecessary elements through a balanced diet and adequate sleep.

The Psychological Level: The mind, too, can purify itself, often during sleep by expelling irrelevant and unwelcome thoughts and energies. However, many of us neglect the importance of cleansing these vital layers, thus preventing us from reaching our full potential.

The Bodh Purification Retreat in Bozeman, Montana

September 13-15, 2024

Experience the profound impact
of the *Chitta Shuddhi Kriya*
spiritual process!

Contact **Maitreyi Leila**

to learn more: **(406) 451-9015**

Email: maitreyileila@gmail.com

The Deep Subconscious Level: This deepest layer, called the Chitta, is where your core values, ingrained impressions, and unique traits are stored. It defines your character and influences both mind and body. In today's fast-paced world, accessing this plane is rare—perhaps only 3–5 times a day. Without active spiritual processes to cleanse this deep level, it remains largely unexplored, unattended, and untreated, therefore a powerful process like *Chitta Shuddhi Kriya* helps. (In English, this Sanskrit term means, “purification of the mind/memory/will.”)

An Invitation to Explore

This opportunity for purification is available to everyone. You don't need to adhere to any religious tradition, believe in any specific God, or follow a spiritual organization. All that is required is an open mind and a willingness to explore.

If you're ready to release the burdens of the past and rise to your true potential, join us for The Bodh Purification Retreat in Bozeman, from September 13th to 15th. Experience the profound impact of the Chitta Shuddhi Kriya spiritual process for yourself, and embark on a journey towards inner peace, happiness, and love in every moment.



Maitreya Dadashreeji

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.

The Bodh Purification Retreat is a relaxing, spiritual retreat filled with Wisdom, Experience, and Divine Truth for a step-by-step purification of the deepest layers of our consciousness.

The program shares—

1. **WISDOM** (Teachings and practical steps to imbibe in your life)
2. **EXPERIENCE** (Meditation and ancient spiritual processes, including a fire ritual)
3. **TRUTH** (A powerful Energy Blessing process called Maitri Shakti Pravaah) ■

Contact Maitreyi Leila for more information. Call (406) 451-9015, or email: maitreyi.leila@gmail.com. Visit: MaitriBodhUSA.org

BETTER SLEEP & MENTAL & EMOTIONAL WELL-BEING! with MORINGA PLANT

Following the SEROTONIN PATHWAY: from Tryptophan ...to Serotonin...to Melatonin!



HEATH LEDGER died from an accidental overdose of **pain-killers, antidepressants & sleeping pills**. All of these problems can be addressed nutritionally. Following the serotonin pathway, through

superfoods like the MORINGA, could be a safer alternative.

Serotonin's function in the brain can be elevated in the way nature intended, by providing more of its precursor in our diet. **Tryptophan** occurs naturally in foods and in its highest levels in the leaves of the **Moringa oleifera**. With all of this tree's many blessings, this is one of its **most important contributions for all of us who deal with stress**. Increasing your Serotonin **through diet** is a far superior way of balancing mood and sleep without the side effects and hazards of drugs.

—Jon Zwayer, CMT

Tryptophan is an essential amino acid (i.e., you must get it from food) required for the production of serotonin (the neurotransmitter involved in relaxation and sleep). Tryptophan helps to control depression and insomnia, alleviates stress, eases pain, and combats inflammation. It is the **raiest of all amino acids** and yet, we all need extra Tryptophan sometimes! **Moringa** is an excellent plant source. [Its concentration in the leaves is almost twice that of soy.]

— Monica Marcu, Ph.D., author, "Moringa: The Miracle Tree"

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