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## Newsbites



### Spirituality and Religion Make Young Americans Happy

A survey by The Associated Press and MTV found that people aged 13-24 who describe themselves as very spiritual or religious tend to be happier than those who don't. [Read news](#)

### Coughing for 13 years

A university lecturer has not found a cure for a 13 year persistent cough. Such unexplained illnesses mostly have a spiritual cause. [Read news](#)

## Spiritual Fact

In the period between 1999 and 2022 one year of spiritual practice is equivalent to some 50 years of spiritual practice in any other era. [Read the full article.](#)

## Overcoming sexual molestation from the subtle dimension

When travelling to spread Spirituality under the guidance of SSRF I happened to stay over at a seeker's house. That night when I lay down to sleep, within a short period of time my mind was deluged with a lot of sexual thoughts. As I usually don't have such thoughts my intellect told me that the thoughts were due to a ghost. I said to myself, 'Such thoughts are preventing me from chanting', and the thoughts immediately vanished. A little later, I felt as if someone was licking my body. This continued for a short while. My knowledge of the subtle dimension made me understand that this was an attack by ghosts. I could also subtly perceive ghosts around me. While this was going on, I felt neither happiness nor unhappiness. But then I thought, if this continues, then probably the thoughts will come again, and what if I fail to avoid such thoughts as before? So I started chanting the Name of God consciously and with concentration. I could immediately achieve 80% of the concentration that I usually achieve while chanting. After that, within two to four minutes, the feeling of someone licking my body and the awareness of ghosts around me vanished. - **A seeker from SSRF**

**Comment:** Sexual molestation by a ghost is not uncommon and quite often we may not know that we have been attacked. The symptoms include feeling of being forcibly pulled to bed, experience of unexplained touch on one's body, moaning during sleep, lower backache, pain in lower abdomen, white discharge from the vagina, intense sexual thoughts during dream and waking states, etc. The experience can be either pleasurable or distressing, and [the occurrences may be accentuated during new moon and full moon days](#). If one is plagued by such occurrences one can keep in mind the following:

- Chanting the Name of God with concentration has the power to drive away [negative entities \(ghosts\)](#) or at least dispel their black energy thereby stopping the occurrences.
- Only by persevering with spiritual practice can one gain sustained protection from negative entities (ghosts) in every facet of life.

## Spiritual experiences – Overcoming addiction to alcohol and reduction in smoking after beginning spiritual practice

I have been chanting the Name of God for the last 3 months. My chanting is quite intense and I keep getting many spiritual experiences. I was addicted to [alcohol](#) off and on over a period of around 18 years. Within a few months of chanting "*Om Namoh Bhagavate Vasudevaya*", I have developed a hatred towards alcohol



**Mr. P.K. Mohanan**

and now do not even feel like touching it. I feel that there is a strong presence of someone who is helping me in overcoming this addiction.

Also I have been a smoker for many years. The intensity of my [smoking](#) habit is reducing. Although I have not been able to overcome this habit, I will be making efforts to overcome smoking too. I have also been doing the [salt water remedy](#) occasionally which has given me a very good feeling. Overall I am relatively free of constant worries that were there earlier and also feel very light from within. Also I have noticed that the many black lines below my eyes which were there a few months earlier are no longer there now. I feel grateful for being introduced to spiritual practice. - Mr. P.K. Mohanan, United Arab Emirates



## Comments from readers

"SSRF gives excellent clarity and answers about why one does what one does in Spirituality."

- Julie, Europe

## Quote

A casual attitude prevents one from attaining Knowledge about the Truth.

- His Holiness Bhaktaraj Maharaj

## Important notice

Due to the increase in *raja-tama* in the current times the recommended minimum amount of chanting is 2 hours a day. This can be a combination of either the Name of God as per one's religion and/or the chant of *Sree Gurudev Datta* to overcome [ancestral problems](#).

## Editor's pick of articles

### Protection from severe destiny

A case study of divine protection from severe destiny due to the spiritual practice of chanting and the grace of an evolved spiritual guide.

### *Sattva, Raja and Tama*

The three subtle basic components of *sattva, raja* and *tama* are the very fabric of creation and influence our lives to a large extent. The proportion of these components in human beings can only be changed by spiritual practice.

### Importance of listening for spiritual growth

Seeking guidance on which spiritual practice one should undertake is a prerequisite for fast spiritual growth.

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## Tips in spiritual practice - Benefits and types of *satsang*



### A subtle picture of a *satsang*

- Attending spiritual discourses
- Visiting\* religious places such as churches, temples, mosques, etc.
- Studying spiritual websites, e.g. SSRF's website
- Staying\* at places of pilgrimage
- Reading spiritual texts written by [Saints](#)
- Listening or singing devotional songs and hymns by Saints
- Being in the company of fellow seekers - a gathering of like minded people where topics on Spirituality are discussed. [Attend an SSRF satsang](#).
- Visiting Saints or one's [Spiritual Guide \(Guru\)](#)\*

\* This is from the perspective of experiencing the *saattvikta* of a place as one's spiritual practice and not visiting just as a tourist. The spiritual benefit obtained from any of the above is proportional to our desire and spiritual emotion (*bhaav*) to experience the God principle in them.

Also throughout one's day, one can seek opportunities to remain in *satsang*. For example, one can meet with co-seekers or speak to them over the phone or read a spiritual text before going sleep.

## Questions from our readers

**I have noticed that the happiness from many things like scholastic achievements, partying, a very good career, good wife, parenthood, is not lasting. There are ups and downs all the time. Is there any way to achieve lasting happiness?**

- Marco, EU



### A person's composition

Happiness from worldly achievement is experienced by the five senses, mind and intellect. Any happiness that we gain through the five senses, mind and intellect is temporary and of an inferior quality. This is because the things we base our happiness upon are subject to change. However when we base our quest for [lasting happiness](#) by tapping into the Soul (the God) within us we experience [Bliss](#) (superlative and lasting happiness).

Much of the happiness and unhappiness we experience in life (such as career success or divorce) arises from [destined events](#) or our give-and-take account. Since in today's times on average 65% of our life is destined, we face ups and downs in life that we have no control over unless we apply spiritual measures.

By applying spiritual measures to overcome destiny we mean regular [spiritual practice](#) and [spiritual healing remedies](#). Spiritual practice helps us to attain Bliss and also overcomes/insulates us from problems due to destined events.