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News bites

Prayer Can Improve Physical Health

Communicating with God can improve your physical health, Australian researchers suggest. [Read more](#)

Spirituality, Religion and Health

A new study at Harvard University claims mounting scientific evidence of an existing link between religious involvement and multiple indicators of health. [Read more](#)

Curing vs. Healing

A local review with chaplains, clergy and religious teachers in Illinois, USA on the limits of medicine in the promotion of health and healing. [Read more](#)

Spiritual Fact

Did you know that inability to get married, marital disharmony and addictions are just some of the difficulties that can be caused by our ancestors who have passed away?

A case of severe sustained coughing caused by a ghost



Event: In the first week of June 2007, we were witness to an episode of severe sustained coughing in the SSRF *aashram* in Goa, India. A young seeker in the Art section suddenly started coughing continuously. The cough was dry and harsh. It racked his entire body and caused him to roll around on the bed. It continued for hours without stopping for even a moment. The coughing was so loud, it could be heard in adjacent rooms. [See video.](#)

Medical examination: There was no precipitating or contributing physical factor. His medical examination did not reveal any signs of physical illness. The cough did not respond to cough suppressants. Effort to relieve him of the distress by sedating him failed even after he was given 10 mg. of Diazepam, a sedative and tranquilizer.

Spiritual diagnosis: Seekers from the subtle department of SSRF with highly advanced sixth sense perceived that it was caused by a ghost. The ghost had implanted 2 subtle diagrams (*yantra*) in his *Anaahat chakra* (Heart centre) which kept pulsating black energy and generating the cough.

Recovery: The cough would subside after spiritual healing remedies were performed on him but would come up again after a few hours. This went on for three days. The coughing stops only after spiritual healing remedies are done.

Spiritual experiences - Overcoming bed bugs



For last 3 years, we had problem of bed bugs at our home. We did almost 9-10 rounds of pest control. In the first round of pest control, the bugs were eradicated but within few days a new set reappeared. The bugs have not been eradicated since. 5-6 rounds of pest controls were done by professionals and we too did around 3-4 rounds by ourselves but all in vain. The problem had become so serious that for months together - we had not had a quiet and peaceful night's sleep. As per your directions, we did the following spiritual remedies for last couple of weeks:

- 1) Lit [SSRF incense sticks](#) daily
- 2) Put up the namestrips with the Name of God
- 3) My mother and myself are chanting 'Sree Gurudeva Datta' - 10 malas daily.
- 4) [Blowing](#) the [Holy ash derived from SSRF incense sticks](#).

When we first brought SSRF incense sticks and kept those packets in our kitchen near the temple at home, from that day onwards, the bugs didn't trouble me (I sleep in that room). The problem has started reducing significantly. The bugs don't seem to be as well fed and healthy - as they used to be a few days back. I would like to not just thank but bow to the spiritual research that is going on in all aspects of life - under the guidance of His Holiness Dr. Athavale.

- A SSRF Reader



Comments from readers

"I have been to various organizations but nowhere have I found Spirituality being talked about in such a simple and detailed manner. All this has encouraged me to learn more and volunteer for any activities of SSRF."

– Alice, Melbourne

Quote

"Only the curious are deserving of spiritual knowledge."

His Holiness Bhaktaraj Maharaj

What's new at SSRF



- Updated [ghost section](#) along with videos of manifestations of demonic possession
- [Video on salt water treatment](#)
- [Our first article translated in French](#) by a SSRF reader

Most popular content May 07

1. [Spiritual healing chants for physical illnesses](#)
2. [Life before birth](#)
3. [Video - Live an aware life](#)
4. [Ghosts](#)
5. [Where do we go after death?](#)

In the pipeline

- A new book - A Beginner's Guide to Spiritual Practice
- Sale of the book and incense sticks will soon be available via the web site.
- How you can contribute to SSRF and the spread of this knowledge.

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Tips on how to study Spiritual science



Study of Spirituality is an important aspect of our spiritual journey. It helps give direction to our choices and why we should spend time on spiritual practice. With this our intellect is convinced about the importance of spiritual practice. Accordingly we make changes in our life to incorporate spiritual practice which is the key to

spiritual growth and fulfilling the purpose of our lives. The following are a few tips on how to study:

- **What to study:** Give preference to studying books that will help in your spiritual practice. The spiritual practice suggested should conform to the [5 basic principles in spiritual practice](#) for it to be effective.
- **How to study:** Study in a manner as if you:
 - had to explain it to someone
 - were appearing for an exam in it
 - had to put it into practice after you understood it.
- **When to study:** Spiritual science is a vast topic and as much as possible it should be done on a daily basis to make any headway in understanding its basics.
- **Implied meaning:** When studying Holy scriptures take care to understand the implied meaning behind the text. The implied meaning should be Universal and should apply to all of humanity and not be limited to a sectarian religious understanding.
- **Make notes** while you study and jot down any questions you may have.
- **Practice what you have learnt:** And lastly don't get stuck in intellectual knowledge but put into practice what you have learnt to experience the Spiritual science.

Questions from our readers

Question on perseverance: I understand that perseverance in spiritual practice is important if one wants to grow spiritually. However, I find it difficult to sustain my chanting levels and on some days it stops all together. Can you please advise how one can improve one's perseverance in the spiritual practice of chanting and study of Spirituality? - Chris, New Jersey, USA.

Answer: Perseverance goes against the natural tendency of the human mind, i.e. to resolve to do something and then have doubts about it. Hence, it is normal to go through ups and downs in one's spiritual practice till one has progressed to a high enough spiritual level or built a firm conviction about undertaking spiritual practice. Till such time, one can take the following measures to develop perseverance:

- Remaining in regular company of other seekers if available along with study of spiritual texts are important in sustaining spiritual practice.
- Noting the specific obstacles (for example, physical obstacles could be poor health, tiredness, lack of planning, etc.) that prevent one from persevering in spiritual practice and overcoming them accordingly.
- Stretching one's will. If one can persist in doing spiritual practice as planned for two days a week then as the next step, one should try to do so for three days. This would gradually increase one's capacity.
- Finally, one should note that just as one perseveres with daily duties like going to work, cooking, etc., as one has understood their importance, similarly, developing conviction about the importance of spiritual practice through regular study is necessary to build perseverance in spiritual practice.