

SSRF Monthly

A guide to living Spirituality

Sections

- Positive vibrations from a Saint
- Newsbites
- Spiritual fact
- Comment from our reader
- Seeking guidance in Spirituality
- Message to our readers
- Quote
- Question from our reader

Newsbites

▶ Reference to
SSRF Article

Raising spirits to combat alcoholism



Problem drinkers attending the faith-based AA groups are 30% more likely than others to remain sober for at least two years, according to research published this month.

Looking to the stars for advice



Whether or not astrology can really help world leaders take better decisions is an open question.

Spiritual Fact

Spiritual benefit of Yoga postures: Mere yoga postures and pranayam are insufficient to make spiritual progress. They only purify the physical body and the vital energy body, (that is increase the *sattva* component in the bodies) upto 20% and 30 % respectively. To attain the state of God-realisation in addition we need to purify the mental, causal and supracausal bodies upto 100%.

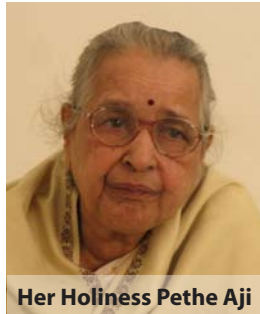
Positive vibrations from a Saint even when unwell



Her Holiness Pethe Aji

14th February 2008 was Her Holiness Pethe Aji's 79th birthday as per the Hindu lunar calendar. She is one among the 4 Saints who have attained **Sainthood** doing spiritual practice under the guidance of SSRF. Despite Her age, She was doing four sessions of spiritual healing of one hour each on **seekers** every day as part of her spiritual practice. Some of Her salient qualities are love, humbleness, learning attitude, constantly asking others.

For the past fortnight, She has been quite unwell and has been advised strict bed rest by Her doctors. Even though She has been sick, the seekers tending to Her experience that in her presence they experience an enhanced feeling of calmness, peace and happiness. Along with this at a subtle level they perceive subtle positive vibrations even though she is unwell. This is very unlike being around an average person who is unwell. Due to the illness an average person would emit distressing vibrations.



Her Holiness Pethe Aji

Concentrate on both pictures of Her Holiness Pethe Aji, in health (upper) and unwell (lower) and see what vibrations you perceive. See our [section on subtle experiments](#) to understand how to take a subtle reading.

Vibrations emitting from an object are dependent on the form of the object, i.e. the more perfect and symmetrical the object, the more positive the vibrations from the object. That is why we feel good when looking at good-looking people or scenic beauty. However the vibrations emanating from Saints defy this rule because no matter how they look or whatever be the state of their health, vibrations of Bliss and Serenity emanate from them. Hence even if they are not good looking, their skin is wrinkled or they are ill, a person with developed and activated **sixth sense (ESP)** still perceives positive vibrations from Saints.

The following table is a comparative study of vibrations emitting from an average person and a spiritually evolved person.

Body related to the vibrations	Average person 20% spiritual level	Person above 70% spiritual level
Gross (physical)	50%	6%
Subtle (mind)	40%	6%
Causal (intellect)	10%	4%
Supracausal (subtle ego)	0%	4%
Soul (God within us)	0%	80%
Total	100%	100%

We can see from the above table that in the case of Saints the sum of the vibrations emanating from the gross, subtle, causal and supracausal bodies amounts to just 20%. As a result whatever state they may be in, the vibrations emanating from the Soul, i.e. the God principle within, overpower them and hence people feel positive around them.



Comments from readers

This website had been very useful to me and has played a vital role in curing me from my stress problems which I was suffering from for quite sometime.

Could you please also involve me in activities of spreading Spirituality which helps in my own growth as well as the growth of others?

- Ms. Banu Marrivagu, India

Message to our readers

There will be a total Lunar eclipse on 21 Feb 2008. There is an increase in [raja-tama](#) during [eclipses](#) which has negative effects on humanity. [Ghosts](#) take advantage of the heightened [raja-tama](#) to create a variety of issues that have global negative repercussions. Regular [spiritual practice](#) as well as intense spiritual practice like [chanting](#) the Name of God during the eclipse ensures that one is insulated from its subtle harmful effects.

Quote Do not ask God for material happiness

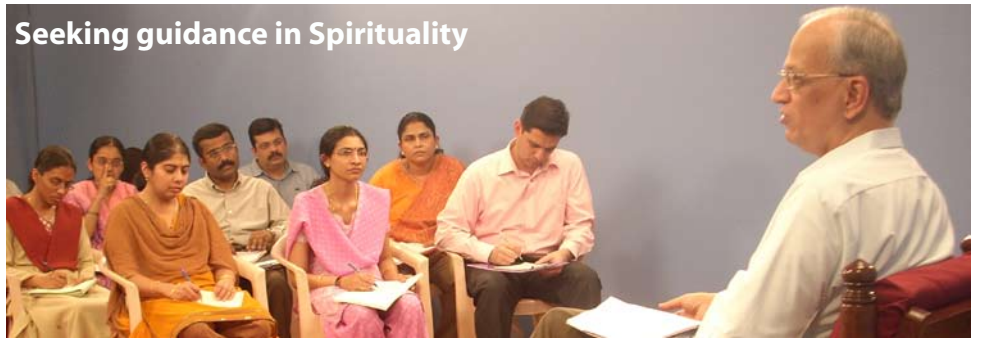


A mother and a doctor do not give a child poison even if he asks for it. Similarly, God does not give material happiness to His devotee because He knows that the devotee will not be able to handle it. Therefore, there is no point in asking God for alms (material happiness).

- His Holiness Bhaktaraj Maharaj

Implied meaning: God i.e., Guru, does not give that material happiness which takes the devotee away from Him. From a spiritual seeker's point of view, going away from God is like death itself. That is why material happiness is likened to poison. What will one lack in his day to day life when he truly becomes worthy of God's love? Hence, there is no point in asking God or Guru for material happiness.

Seeking guidance in Spirituality



Seekers receiving guidance from His Holiness Dr. Athavale during the recent international retreat

In worldly life no matter how established we are in our own field, we seek guidance from experts in other fields such as doctors, lawyers architects, etc. when we are faced with an issue pertaining to that field. In Spirituality too we need constant guidance from our senior seekers or [Spiritual Master \(Guru\)](#) so as to remain on the right track. If we practice Spirituality as per our own intellect, without guidance from evolved seekers or our Spiritual Master we may not make progress that is commensurate with our efforts.

When should one seek guidance?

Throughout our spiritual journey we need to continuously seek guidance before taking the next step. This will ensure that we are on the right path. Also, when we seek guidance our ego remains in control. Guidance should also be sought immediately when we face obstacles in our spiritual practice.

What questions should be asked?

- Questions that would further one's current spiritual practice and help in progressing to a higher level in spiritual practice.
- How to overcome obstacles in spiritual practice.
- Confirmation that the experiences one gets during the course of spiritual practice are indeed spiritual as opposed to psychological.
- Limit asking theoretical questions that don't add value to your spiritual practice.
- If one has not understood the guidance, one should seek timely clarification.

Questions from our readers

I get all the guidance from within, is it necessary to seek guidance?

Answer: Many a times people who are interested in spiritual growth and have some subtle ability feel they can listen to their inner voice and make decisions/negotiate the next higher stage in their spiritual practice. To be able to truly listen to one's inner voice (guidance from the God principle or the Soul within each one of us) one needs to be at least at the 70% spiritual level. At this spiritual level, enough [dissolution of the five senses, mind and intellect](#) has occurred that a seeker of God is able to tap into the Soul and make informed decisions about his spiritual journey as per God's wish. However only some 5,000 people among 6.5 billion are above the spiritual level of 70%.

Those people below this spiritual level who listen to their inner voice or intuition can never really be sure whether it is their thought, God's thought or thoughts planted by negative energies. More often than not negative energies do interfere with our thoughts to derail our spiritual practice. In one's spiritual journey it is important to take guidance from someone such as a [Guru](#) who has already walked the path. This reduces the risk of wasting one's valuable time and effort in spiritual practice. Along with this one needs to have an introspective and studious attitude towards one's spiritual practice to ensure that he is indeed applying the guidance correctly and that internal change for the better is taking place.