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Newsbites



Reference to
SSRF Article

Exorcists wanted in Germany

German church says that 90% of cases of possession are actually mental illness. However, Spiritual research conducted by SSRF reveals just the opposite. [Read more](#)

Burning Incense Is Psychoactive: New Class of Antidepressants Might Be Right Under Our Noses



Religious leaders have contended for millennia that burning incense is good for the soul. Now, biologists have learned that it is good for our brains too. [Read more](#) ▶

Spiritual Fact



90 % of mental illnesses, i.e. illnesses that affect the psyche or mind of a person are due to root causes in the spiritual dimension. These factors are primarily due to subtle bodies of one's departed ancestors and ghosts affecting or possessing the person.

Recent increase in natural disasters



Myanmar cyclone

In the last few months we have seen a rise in natural disasters. Earthquakes in China, tornadoes ripping through cities in the US, a cyclone in Myanmar, flash floods in Europe, to name a few. These natural disasters are deadly, leaving in their wake mass destruction and death. Respective governments have swung into action with damage control and relief measures. They have also tried to address climate change by agreeing on cutting emissions. However all this is only at a physical level and will have very limited effect. The fact is that this trend will only increase. We have explained the root causes of natural disasters in detail in the articles '[Spiritual perspective on natural disasters](#)' and '[Armageddon](#)'. To completely address a problem with a spiritual root cause, in addition to efforts at a physical level we have to basically make efforts at a spiritual level too. The increase in natural disasters is primarily a physical manifestation of a rise in the [subtle basic raja-tama components](#) along with corresponding decline in the subtle basic *sattva* component. It also depends on the collective destiny of society.

Both the above spiritual root causes can only be rectified at a spiritual level. This can happen if large sections of society increase their spiritual practice that conforms to the [6 basic principles of spiritual practice](#). A collective rise in spiritual level helps to tilt the overall balance towards the [subtle basic sattva component](#). This is from the perspective of preventing natural disasters.

However till this is achieved the natural disasters will continue and in the times to come a higher spiritual level of a person is the only guarantee of his survival. Each of us have to die some time and this is known as the time of final death. However there are times in our life as per our destiny where we can face possible death and therefore have an untimely death. In the next decade since disasters, natural and man made will be widespread, to ensure one's safety from possible untimely death, we need to achieve the [spiritual level](#) of at least 60%.

Spiritual experience during a natural disaster

Intuition about the arrival time of food supply vehicle and one's safety



In July 2005 the city of Mumbai in India and the surrounding areas were very badly hit by unprecedented rains and the resulting floods. I was staying in the SSRF hermitage at Devad at that time. The flood water from the river in front of the ashram had entered the hermitage. On 28th July we had to go out to a place called Kalamboli to collect the food supply sent to us. On the way about 4-5 people told us not to go that way as the Kalamboli dam had burst. However it was very important to get the food supply for the hermitage. As I prayed for what course of action to take, a strong thought came to my mind, 'The vehicle bringing the food supply will arrive at 2:45 PM and the dam at Kalamboli has not burst.' With this assurance we went ahead to Kalamboli. Sure enough the vehicle arrived at 2:45 PM and the dam at Kalamboli had not burst.

– Mr. Jiwan Salunkhe, SSRF's Devad ashram.



Comments from readers

I have been glued to my computer screen since 25th March when I first found this site. I have read almost all of the sections of this site and I am ready to make the step to increased spiritual levels...Finding this site has changed my life completely. I hope that I too can contribute to the foundation and that all of us together can effectively change lives of many more people!!

- Ms. AF, Santa Lucia

Message to our readers

Gurupurnima - the day to honour the guiding principle of God is on 18 July 2008. In the coming month the [Guru Principle](#) will be more active and on the 18th will be 1000 times more active. Do take advantage of this spiritually conducive period and step up your spiritual practice efforts.

Quote



We have got nothing to give. One who wants to take, can take everything from us

- His Holiness Bhaktaraj Maharaj

Implied meaning: In 'We have got nothing to give', 'nothing' is in the context of worldly things, whereas 'can take everything from us' is in the context of Spirituality.

Tips in spiritual practice

Personality defects removal as spiritual practice



Up to now we have recommended and emphasised the need to [chant the Name of God](#). It is the foundation of spiritual practice as recommended by SSRF. In this newsletter we are introducing another very important aspect of spiritual practice, i.e. personality defects removal.

Personality defects in simplest terms are like sores in our psyche that destabilise our mind, waste its energy and potentially diminish our capacity to do spiritual practice. For example the personality defects of anger, greed, jealousy, etc. when awakened within us can destabilise our mind, bring us pain, make us act irrationally and in short can bring out the worst in us.

However what most people don't know is that every time one gets angry or has obsessive desires it is like a wound in their consciousness erupting and lying exposed. This exposed wound is an easy entry point for [ghosts \(demons, devils, negative energies, etc.\)](#) to enter our consciousness and [affect us or even possess us](#). Perhaps the easiest thing for ghosts to do is to stroke the fire of one's personality defects even more when they have erupted.

For example let's take a wife who has a suspicious nature and is stewing over her husband's absence wondering where he could be. If the amplitude of suspiciousness generated in her mind is 5 units then ghosts or [departed ancestors](#) can affect her thereby amplifying this defect and raising it to 10 units. This only brings the person with the defect more pain. As a result situations can be blown out of proportion and this brings about a tense environment at home. In this frame of mind or atmosphere at home a person gets extremely restless or mentally paralysed and as a result cannot do spiritual practice.

In the coming months we will be publishing detailed information on personality defects removal as one's spiritual practice. In the meantime do observe yourself whenever your mind is destabilised and remember that your consciousness may be compromised to attack by ghosts. This is especially so when personality defects go out of control.

If you can note down the various situations or issues that destabilise your mind on a daily basis, it will give you a better understanding of your basic nature and help you in identifying your personality defects. This data about your defects will also give you a head start in taking advantage of the material we will be publishing shortly on removing personality defects as a spiritual practice.

Questions from our readers

One of my friends was behaving abnormally and did not improve despite psychiatric treatment. Finally he was taken to an exorcist and then he was well. However after a few weeks he relapsed. He was again taken to the exorcist and then he was better. That was about 3 months ago. Now he is again behaving abnormally. Is there any way to ensure that the exorcism is permanent? - SB, United Kingdom

Answer: Many people do visit exorcists when conventional medicine does not work in the case of mental illnesses. In some cases there is relief. However ghosts are like virus and prey upon the spiritually weak or people with personality defects and ego. So even if external support is given to remove them through an exorcism, if the possessed person does not increase his spiritual strength, he can be easily repossessed. Many a time ghosts pretend to leave. Even if one ghost does leave, another can easily enter if one's spiritual capacity is low.



Personality defects and [ego](#) are common strongholds where ghosts hide out and take advantage of the person they possess. Regular spiritual practice generates spiritual strength and gives one a subtle protective covering as one is able to access divine grace. Higher level ghosts cannot be exorcised by an average exorcist. They can only be exorcised by intense spiritual practice and the grace of a [Guru/Saint](#).