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## Newsbites



### Christmas spending in UK to remain high in 2007



Study predicts Britons will be spending over £1.2 billion this Christmas on gifts for people they barely know  
[Read news](#)

## Spiritual Fact



All other factors remaining equal, by praying using the recommended *mudra* a person will add 20% to the effectiveness of their prayer as opposed to not using this *mudra*.

In some cases people hold hands and pray. This is also a spiritually incorrect practice as if the person beside one is affected by negative energy it is more likely that the black energy be transferred to you.

## Year that was – SSRF website over 2007



SSRF's website will soon be completing its 2nd year, which brought growth in a number of areas. The following are some of the highlights of SSRF's progress over 2007:

- **Articles and Videos:** We published 66 articles on all aspects of Spirituality. Along with this we published videos on the spiritual dimension and how it affects our lives. Our section on negative energies and departed ancestors is arguably the most comprehensive section on the subject on the Internet even though we have published just a fraction of the knowledge available to us. Some of the popular articles included, 'Life before birth', 'Spiritual healing principles', 'Mechanism of prayer', 'Angels', 'Purpose of life', 'Ghosts', etc.
- **SSRF Classroom:** We have recently launched online tutorials to help reach all those readers who cannot attend our lectures physically. Our first tutorial published on [Spiritual Research](#) was viewed by over 1000 people in the first 10 days itself.
- **Newsletter:** SSRF launched its newsletter in May 2007. The 'SSRF Monthly – A Guide to Living Spirituality' collects snippets of information, news and tips on Spirituality and spiritual practice. It is meant to complement the matter published on our website and to give practical insight as to how to go about one's spiritual practice on a sustained basis.
- **Other languages:** In this year we began our foreign language section by publishing articles in French and Croatian. Next year we plan to include Spanish, German and Mandarin.
- **Members:** We have member accounts from 69 countries.
- **Questions answered:** We answered over 1000 questions from our readers around the world.
- **Keywords:** Google the search engine giant lists us on the first page for prime keywords like, 'types of ghosts', 'types of angels', 'world war 3 predictions', 'what is destiny'.

## Spiritual Experience - Relief of back pain by salt water remedy



Mr. D. Nale

For a year I would lie awake every day from around 2 am with intense back pain. Due to lack of sleep my performance at the job was drastically reduced. I visited many back specialists. They could not determine the cause for my back problem despite all tests. Their medicines gave me temporary relief. I also tried yoga without lasting benefits. Then I was introduced to SSRF and I started attending [SSRF's spiritual meetings \(satsangs\)](#). I learnt that there could be a spiritual cause for my problem. I was told to chant my [family deity's Name](#) as well as the [Name of Lord Datta](#). One day I was advised to do [salt water therapy](#). To my amazement, 95 % of the pain disappeared after only 3 days of salt water therapy. My sleep is now sound and I am not awakened in agony.

- Mr. Dattatray Nale, Chicago, USA



## Comments from readers

'After attending SSRF's satsang, I experienced such a boost in my spiritual practice that it occurred very smoothly for a full three weeks.'

- Miss Ksenija, Croatia

## For speedy spiritual progress

SSRF recommends the following eight aspects in daily [spiritual practice](#). While all of them are important and need to be done daily, they do have a relative importance in determining the speed of our spiritual growth.

We have given the relative importance of the 8 aspects below:

- Chanting of the Name of God: **5%**
- Being in the company of Truth (*Satsang*): **5%**
- Service to the Absolute Truth (*Sat-seva*): **10%**
- Sacrifice (*Tyaag*): **5%**
- Spiritual Love (*Preetee*): **10%**
- Awakening spiritual emotion (*Bhaav*): **5%**
- Removing of personality defects: **30%**
- Removal of Ego: **30%**

Books on the various subjects have been compiled by His Holiness Dr. Athavale and will be soon be available through the [SSRF online shop](#).

## Quote



We meet God in a situation, isn't it? Hence God is in the situation.

Implied meaning: In a situation means, in a difficult situation. We meet God means we remember God.

- His Holiness Bhaktaraj Maharaj

## Tips in spiritual practice - Am I progressing spiritually? Part 1



Our aim of doing spiritual practice is to progress spiritually and finally merge with God. The most prominent indicator of spiritual progress is an increase in our spiritual level. However, most of us are not evolved enough to recognize our own level. We can judge our spiritual progress by noticing changes in our body, mind, intellect and ego that generally accompany spiritual progress. It is important to recognize spiritual progress so that we can assess our own spiritual practice and take steps to improve accordingly. Given below are a few indicators on our physical and mental body that generally accompany spiritual progress:

### Physical body:

- Our energy levels increase and physical health improves.
- Capacity to bear physical pain increases.
- Fewer requirements for our own physical comfort.
- Less awareness of our physical body hence, importance to appearance, dress, food, etc. reduces.

### Mind:

- Number of thoughts reduce and one can chant more easily and with concentration. Concentration and memory improve.
- The mind becomes calm. We experience less mood swings and introversion increases.
- Tolerance towards our colleagues and fellow seekers increases.
- One prefers to remain in spiritual activities, e.g. attending spiritual meetings (*satsang*) rather than going for a party or seeing a movie.
- One's expectations from others and situations in life starts reducing.

In the next issue we will be listing some indicators of progress that pertain to the intellect and ego.

## Happenings

### International retreat for seekers



The SSRF ashram in Goa, India

During the first two weeks of January 2008, some 50 seekers doing spiritual practice under SSRF's guidance will be attending an international retreat in Ramnathi, Goa (India). The retreat will include intensive sessions of spiritual practice throughout the day and an experience of ashram life for the whole duration of their stay.

The aim of the retreat will be to:

- Review one's overall efforts in spiritual practice and identify areas that require improvement
- Review one's progress in removing personality defects and ego
- Evaluate one's sixth sense on the basis of subtle experiments

Many of the seekers will be coming to spend their entire annual leave on studying the science of Spirituality, and applying it in their everyday life upon returning home. The retreat will be attended by seekers from many countries such as USA, Canada, Australia, UAE and Europe.