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Newsbites



The Hazards of Halloween

Study shows that Halloween frights can have long-lasting effects on children. [Read news](#)

Happiness Can Keep Us Healthy

Researchers find that experiencing happiness and positive emotions can benefit our overall health. [Read news](#)

SSRF Shop online



SSRF incense sticks for spiritual healing are now available online through your member account.

Till 20 Nov 2007 - no mailing charges

Spiritual Fact

The extent of the known world as compared to the subtle world is in the ratio of one is to infinity.

SSRF in Vienna @ Luna Messe – Fair for Health and Consciousness



This month SSRF held its first event in Austria. Though it was not a part of our plans for this year, the opportunity for hosting events in Austria suddenly opened up without any intentional planning on our part. It all started when we received a query from a reader of our website from Vienna, asking for details about SSRF incense sticks. An interesting conversation unraveled, which soon took us to the idea of organizing a lecture in Vienna.

This SSRF website reader and now well-wisher took it upon himself to organize the lecture, offer accommodation for visiting seekers and advertise the event in the local community. Grateful that everything was taken care of, we proceeded to plan our stay. Just a few hours later, we learnt from Ms. Ulrike, another SSRF website reader also from Vienna, that a fair was taking place there, on the very days of our visit! The Fair was Luna Messe – for Health and Consciousness, from 26-28th October.

Our preparations started almost immediately from the three countries where we were separately located. We very quickly realized that participation in the fair was out of the question without the help of a German language native-speaker. Ulrike readily volunteered to help us with translations. She had started spiritual practice under SSRF's guidance just a week or two earlier, yet she whole-heartedly offered her knowledge and skills and worked with us around the clock to produce SSRF fair materials in German. Likewise, the well-wisher embraced our whole visit as his own, and tirelessly coordinated a number of volunteers who helped us in speaking to fair visitors, sharing their understanding of spiritual principles with many people who came to our booth. We felt, we had come to a family of seekers in Vienna. The commitment shared by all the volunteers really seemed to equal our own, and we soon made plans for our next event there.

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Spiritual Experience - Internal joy in spreading Spirituality



Over the past 9 years of doing the *satseva* of spreading Spirituality, my experience at the Vienna Fair of Health and Consciousness is unparalleled. From the moment we made the decision to take part in the fair, I experienced being uplifted by God and had an attitude of surrender, since God's hand could be felt in every idea which came to us and every action that took place.

This lasted for more than 2 weeks and was a very blissful experience. I felt as if God was walking, sometimes even running, and we were just following as best as we could. I could experience Bliss and calmness, enthusiasm and increase in vital energy to such an extent that would not feel any fatigue despite an extremely hectic two-week schedule including lots of travel by train, plane and bus, talking to many people and standing long hours. There was constant internal joy in a calm way which gave a special sense of contentment and invoked gratitude to God. - **Dana Kislovski , Europe**



Comments from readers

For many days I was facing a lot of difficulties, my child was not feeling well and I had left my job. I continued with spiritual practice and spiritual healing remedies recommended by SSRF, due to which I could retain a balanced state of mind. I surrendered my problems to God and within a few days got a good job offer. If the same situation had been prevalent one and a half years back, I would have been in a very depressed state and would not have known what to do. But by doing spiritual practice as per guidance received at SSRF satsangs, I was in a balanced state of mind.

– Mrs. Ojasvi, UAE

Quote



The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.

- Swami Vivekananda

Editor's pick of articles

How to chant while performing daily activities like working?

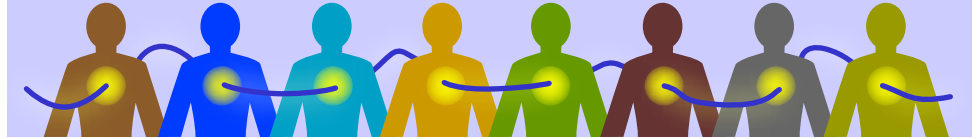
This article expands on how it is possible to chant with concentration while performing our various daily activities.

If there are 10 cancer patients, what are their chances of being cured by spiritual healing remedies?

This article explores the various aspects that need to be taken into account in understanding how spiritual healing works.

Tips in spiritual practice - How to develop spiritual love?

Spiritual love is unconditional love for all, experienced when being connected to the God within one and others.



We are all familiar with and have experienced worldly love at some point in our lives – towards our parents, spouses, children, etc. However this love is with expectations and is experienced towards a selected few. On the other hand spiritual love is unconditional and once developed is felt towards all. This is one of the qualities of God. If we want to make spiritual progress and grow closer to God then we must make efforts to imbibe this quality by making sincere efforts.

How can I develop [spiritual love \(preetee\)](#)?

- Constantly having concern and thought about others. When we're in this mode there's less attachment for oneself and the mind becomes more expansive.
- Sacrificing oneself for others and serving others.
- Avoiding reactions in our minds about other people.
- Having the awareness that God exists in each one of us and if we hurt someone we are actually hurting God.
- Making others aware of their mistakes. This should be done with complete love and not harshly or with a blaming attitude. Here, the aim of pointing out mistakes is to speed up the spiritual progress of that particular person and not to show him in an inferior light.
- Noticing and appreciating good qualities in others and trying to inculcate the same in oneself.
- Seeing the presence of God in others, we should love them just as we love God.

Questions from our readers

I feel I have subtle ability, I can see angels as well as my relatives who have passed away, etc. Is it okay if I continue to pay attention to these visions?

Being born with a higher amount of subtle ability is a spiritual gift and is due to prior birth spiritual practice. When we have this gift, we are tempted to listen to some subtle sources and act as a go-between for the subtle realm and the physical realm. From a spiritual perspective there are some guidelines if one wants to hone their subtle ability. Here there are two things one can keep in mind:

1. Unless the [depth of our subtle ability](#) is very advanced, we can never accurately know the source of the information received from the subtle realm. In almost all cases where the average psychic can see dead relatives, it is not the dead relative that they see. Spiritual research has revealed that higher level ghosts almost all the time pose as dead relatives, angels and positive energies. These ghosts take advantage of the psychic's limited ability and feed surviving relatives with some accurate information and in the long run some not so accurate information. Through this mechanism, ghosts misguide society and lead them away from the [basic purpose of life](#).
2. If one does have this ability, it is best used only as a means for spiritual practice. This in turn facilitates spiritual growth towards God-realisation, which is the basic purpose of life. It is also recommended that one only use it under the guidance of an evolved [spiritual guide \(Guru\)](#).

Do read more details in the article '[Test your sixth sense](#)'.