



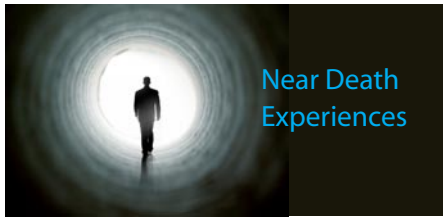
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Newsbites



Top 10 Unexplained Phenomena



Near Death Experiences

More than half of the top 10 phenomena unexplained by modern science have been explained on SSRF's site by spiritual science.

NDE's, Life after death, Deja Vu, Ghosts, Intuition, ESP, Body/Mind Connection

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Spiritual Fact

As a Saint progresses spiritually beyond the spiritual level of 80%, His mind goes towards a thoughtless state. At this point a mere thought like 'may it occur' in the mind of an evolved person is sufficient for the occurrence of the event. Nothing else is required. This resolve is used only according to God's wish.

5 Salient Features of SSRF



The SSRF ashram in Goa, India

HH Dr Athavale

1. Over 40,000 A4 size pages of Divine knowledge have been received by seekers of SSRF. Matter published on the SSRF website amounts to less than 1% of the knowledge received so far. More than 10 seekers consistently receive Divine knowledge. More than 10 other seekers are able to see the subtle realm as clearly as we see the physical world. None of this knowledge is available anywhere else on Earth today other than in the archives of SSRF.
2. SSRF has been carrying out spiritual research on distress caused by various types of negative energies and methods to combat them. This is original research yet unknown to mankind. We have over 4000 hours of video footage capturing various such spiritual phenomena.
3. Our main focus is on spiritual growth of seekers. SSRF encourages seekers to use their talents and resources to grow spiritually and realise God. All activity in SSRF is done as spiritual practice with the perspective of God-realisation.
4. Lectures are held free of charge worldwide to help others in their spiritual practice. SSRF advocates, guides and trains to evaluate each thing and all incidences at a physical, mental and spiritual level. SSRF teachings are not sectarian but are based on the all-encompassing science of Spirituality.
5. The average spiritual level across the thousands of seekers doing spiritual practice under the guidance of SSRF has grown from 30% in 1997 to 40% in 2007. (80% of the world's population is below the 35% spiritual level). Four seekers have achieved the level of Sainthood i.e. 70% spiritual level.

Spiritual Experience - Experience of joy and positive change in my life after commencing spiritual practice



Ms. Maya Jairam

I first came across SSRF in September 2001 and was immediately convinced about the need for spiritual practice and the path recommended by them. I noticed that as soon as I attempted to chant, I could very easily do it and that I really enjoyed doing it. Whenever I used to chant or read about Spirituality, I used to be filled with intense joy and just did not feel like stopping. Once when I had to attend a seminar, which kept me very busy, I utilized the lunch and dinner breaks to chant as much as possible. Due to that I felt very positive, energetic, calm and focused throughout the seminar. However the true litmus test has been that even people around me have commented on the positive changes in me ever since I started spiritual practice. This has really increased my faith in chanting and spiritual practice as recommended by SSRF as I've had the first-hand experience of my life changing for the positive with inclusion of this simple spiritual practice. - **Ms. Maya Jairam, Colorado, USA.**



Comments from readers

I was unable to sleep before. Now after commencing chanting as advised by SSRF, I am able to sleep peacefully. Even when I wake up in middle of my sleep, I feel my chanting going on.

– Mrs. Vajanthi, UAE

Quote

There are three things that are rare indeed and are due to the grace of God: a human birth, an intense desire for Liberation and the protecting care of a perfected sage - a Guru.

- Sree Shankaracharya

Coming soon



SSRF incense sticks for spiritual healing will soon be available online through your member account

Editor's pick of articles

Battle of Good Vs. Evil

The subtle battle of good versus evil has been waged periodically since the earliest times. It is once again being fought in the subtle world.

Experiencing fragrance of Holy ash during satseva

Due to an increase in the subtle purity (*saattviktaa*) while performing *satseva* (service unto God), Mr. Vamsi Krishna experienced the subtle fragrance of Holy ash.

How will I know if I need spiritual healing at all?

Spiritual practice is intrinsic to our life and is the key ingredient to a balanced life.

Tips in spiritual practice - To whom should we donate our wealth?



Offer of Worldly wealth



When we give back some of our wealth to God, we create the space within us to receive spiritual grace

Sacrificing wealth earned through righteous and fair means towards the cause of *Sat* (Absolute Truth) as per our capacity is an important step in spiritual practice. From the point of spiritual growth, SSRF recommends offering wealth to:

- **Saints** (i.e. the manifest or physical form of unmanifest God)
- For the cause of spreading Spirituality.

Sometimes, under the influence of emotions one may feel like giving money to beggars, donating to schools, hospitals or social charities, etc. At best, one acquires merits from such actions. For attaining the fruit of merits we have to take re-birth, whereas our aim in pursuing Spirituality is actually to be freed from the cycle of birth and death and merging with God.

On the other hand, any offering made to Saints or for spread of Spirituality is an offering made to God himself. Hence it does not create a 'give and take account' and no merits are acquired. In fact it reduces our **accumulated account** (*sanchit*).

Practical points on donating:

- Offering should be made with an attitude of detachment and without expectations of return
- Ego or 'I'-ness should be avoided in the act of donating
- We can regularly introspect on how much money we are spending and keeping for ourselves compared to how much we are offering to serve God.

Experiences during attending SSRF satsangs

Being in *satsangs* (spiritual meetings) is an important part of our spiritual practice. In SSRF *satsangs*, benefits are obtained at an intellectual level through discussion of various spiritual topics, clarification of misconceptions and doubts and tips on how to overcome obstacles in spiritual practice. At a spiritual level, seekers benefit from the increased *saatviktaa* during a *satsang*. The following are some experiences shared by seekers attending SSRF *satsangs* across the world.

- I was thinking that I know something about Spirituality, but during the *satsang*, while listening to all that was said, I realized that I don't know many things. I wrote down many points, and will try to put in practice one point at a time. – **Mr. Marko, Europe**
- When I first attended a SSRF *satsang* and heard the knowledge that was being imparted by the conducting seeker, I felt that I had come home and was sure that with SSRF I would bring my spiritual quest in this lifetime to completion. – **Mr. Gary Jones, GA, USA.**
- During *satsang*, I felt a lot of relief from my shoulder problem which was troubling me for the past 2 months. - **Mr. Premnath, Dubai, UAE**
- I got a subtle fragrance of sandalwood when I entered the hall for the *satsang* which lasted for almost 25 minutes. – **Mrs. Shruti, Melbourne, Australia**
- I was feeling very negative before coming to the SSRF *satsang* due to some issues at home. But as soon as I came to the *satsang* all the negativity went away instantly and I felt spiritually very good. – **A seeker, NJ, USA**