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## News bites

### Most doctors see religion as beneficial, study says

Most physicians in the United States believe that religion and Spirituality have a positive effect on patients' health, according to a survey published last week, and that God at least occasionally intervenes on their behalf. >>

### Spirituality may strengthen recovering alcoholics resolve

Many recovering alcoholics experience increased Spirituality, which may help improve their chances of staying sober, researchers say. >>

## Virginia Tech Shootings on 16 April 2007—A Spiritual Perspective



When faced with such a tragic situation like the Virginia Tech shooting we are always in a quandary to find some sense in the utter indiscriminate nature of the crime. Experts from various disciplines have been consolidating around three main possibilities for the criminal's psychological condition: depression, psychopathy and

psychosis.

Dr Scott Poland, a psychologist and expert on killings told the BBC: "The focus right now is on trying to figure out why Cho did what he did—but even in school shootings where the perpetrators have survived, we have often been left with many unanswered questions." Police too have said that there were no clues about why the youth opened fire nor how he chose his 32 victims.

Our [Spiritual research](#) shows that the root causes behind meaningless multi-killings such as in Virginia are in the spiritual dimension in 90% of cases and in the psychological dimension in 10% cases. By spiritual dimension we mean that intangible realm which is beyond the understanding of the 5 senses, mind and intellect. The most common cause among the spiritual causes is being under control of ghosts.

These findings are important because unless we are aware of them, we focus all our attention and efforts only on the psychological dimension, which contributes to only a small part of the problem. However only a spiritually evolved person above the 70% spiritual level can say with authority what the actual cause was in an individual case.

Continuous spiritual practice as per the [five basic principles of spiritual practice](#) is an effective way of protecting oneself from being controlled by ghosts. Spiritual practice also protects us from the harmful actions of those under the influence of ghosts.

>> [Read more about serial killings in our 8 Dec 2006 blog post](#)

## Spiritual experiences of seekers - Feeling of calm inspite of witnessing the aftermath of a bomb blast



On 25 Aug 2003, the city of Mumbai experienced two large bomb blasts. I work in the Taj Mahal hotel in front of which the 2<sup>nd</sup> bomb exploded. The whole building shuddered with the impact of the blast. Immediately there was panic with every one fleeing the building. Somehow in the chaos, God gave me the presence of mind to remember to take my purse that had my keys and mobile phone in it. My basic nature is to get panicky in any stressful situation. However I was amazed to find I was very calm and composed, considering the seriousness of situation along with the gruesome scenario of finding dead bodies. The second amazing thing was that in the panic that followed, the phone lines all got jammed and the mobile phone networks were also overloaded. Yet every time I needed to make a call I could do so and all the calls I need to receive from family or seekers came through. My colleagues were amazed at how I was the only one who had no problems getting through to anyone. In retrospect I also realised once I came home, how God had prepared me right from the morning by making me spontaneously say the correct prayers and I also experienced automatic chanting from the night before. All this helped to fortify me when our world was turned upside down that afternoon due to the blast. - Mrs. Pearl Mehta

## 5 most popular topics - April 2007

- » Live an aware life video
- » Spiritual healing chants for physical illnesses
- » Ghosts
- » Where do we go after death?
- » The colour of clothes to wear to a funeral

## Content In the pipeline

- » Types of ghosts and videos of their manifestation
- » Towards a more *saattvik* lifestyle
- » The effect of colour on us at a spiritual level
- » Part 2 - What happens before birth
- » SSRF's first book - An introduction to Spirituality

## Quote

**May the unhappy become curious  
The curious, desirous of Liberation.  
May those desirous of  
Liberation become seekers  
And may seekers attain the Final  
Liberation**

- His Holiness Dr. J.B. Athavale

## Comments from readers

"I started spiritual practice to overcome my distress, but now when I pray, I feel a warmth engulf me. I have never experienced that before. It is something new to me, and though I have a long way to go in spiritual practice, I know I am getting close to God."

- Jim S, Reston USA.

## Spiritual Fact

Only after one goes beyond religion and sectarian spiritual practice can one attain the high spiritual level of Sainthood.

## What's new at SSRF?

### SSRF Incense sticks



will be available soon via our website

[Donations](#) to SSRF can now be made online

## Tips to evaluate your spiritual practice

- » Is it as per the [5 basic principles](#)?
- » Am I doing it on a daily basis?
- » Am I regular, consistent and honest with my practice?
- » Do I introspect on my efforts?
- » Has there been any change in me or the way I deal with situations in life?

## Tips on spiritual practice

For any spiritual practice to be successful it is important that both the quality and quantity are appropriate. It is recommended that one chant the Name of God as much as possible through out the day.

The following are some ways to include chanting at work.

- » One can spare a few minutes every hour and chant intensely during that time or complete at least one mala, i.e. 108 counts. One could count the number of repetitions using one's fingers and keep a note of the total count using a note pad.
- » One can chant during mundane activity like taking a lunch or coffee break or activity that does not require much mental involvement like faxing documents, etc.
- » One can use the travel time to and from work for chanting.
- » Most seekers face the obstacle of not remembering to chant in spite of having the desire to chant. To remind oneself to chant at work, one could do the following:
  - If one works on a computer, then a pop-up window can be set up that reminds one of chanting.
  - Hourly monitoring of chanting
  - Every hour, one can note down whether one has completed the minimum amount of chanting planned for that hour. One can also note the overall quality and quantity of one's chanting during the hour and whether one was able to do it during mundane activity. One can practice the above-mentioned points at home, too.



## Questions from readers

**Q: In terms of spiritual progress, until which stage should we do spiritual practice? - Ms. Dena Flamini (New Jersey, U.S.A.)**

Answer: The short answer is - throughout our lives regardless of what stage we have reached in spiritual maturity.

Spiritual growth is at best a slippery slope. Complacency in spiritual practice at any level below the 80% [spiritual level](#) can find oneself either stagnating or regressing. By the time one attains the 80% spiritual level mark, sufficient momentum has been gained in spiritual practice and spiritual progress so as to be self-sustaining.

The reason we call spiritual growth a slippery slope is because it is fraught with perils of our ego mushrooming. The ego is the little 'i' that we need to get rid to merge into God.

If one feels that since one has the ability to perceive a little of the subtle dimension or one has got the spiritual experience of Bliss a couple of times, or that people should now look up to you; and so, you don't need to do spiritual practice anymore, then one starts slipping spiritually.

Once a person becomes an engineer by getting an engineering degree, even if he does not read a single book on engineering for the rest of his life, he still is an engineer for his entire life. But it is not so in Spirituality. We need to do spiritual practice throughout our life; only then can we sustain and improve our spiritual level. This is even after we have achieved the 80% spiritual level.