

SSRF Monthly

A guide to living Spirituality



The Love Guru – Repercussions of denigrating comedy



'The Love Guru' is a comedy starring Mike Myers, Jessica Alba & Ben Kingsley and directed by Marco Schnabel. It is set to release on 20 June 2008. In it Myers plays an American, raised in an *aashram* in India, who moves back to US as Guru Pitka to seek fame and fortune in the world of self-help and Spirituality.

Utter disrespect to Guru: The trailer released by Paramount pictures shows utter disrespect for the **deep spiritual significance of the Guru**. It shows the Guru in a very poor light and encourages the audience to laugh at the Guru. The movie takes the Guru through a whole range of scenes some of which are quite lurid such as

the **Guru wearing a chastity belt, having an erection, bar brawls, accepting money to playing cupid**, etc.

Criticism about movie: The movie has met with much criticism from many quarters for its flippant depiction of the Guru, which only enhances disrespect about the **Guru Principle**. Furthermore the movie has **Deepak Chopra**, a 'spiritual leader' in the US, taking up a small cameo role in the movie. He has written a number of best seller books on Spirituality. A true spiritual leader or a person who has evolved spiritually would not indulge in mockery of the Guru Principle, which is one of the very fundamental principles of his path. If having acted in the movie was not bad enough; Mr. Chopra has been very vocal about defending the movie. He has made **irresponsible statements** such as, expressing gratefulness to religious critics for creating publicity both for the movie as well as for his book and saying that "This was a great opportunity to make our Indian philosophy even more popular".

So what are the repercussions of making such a movie and of watching it?

The sanctity of the Guru-disciple tradition is reflected in Lord Jesus and His disciples, Buddha and His disciples, Lord Krishna and Arjun, etc.



At a psychological level such a movie creates or enhances the impression of disrespect for the Guru. The grace of the Guru is the most important factor in realising

the **basic spiritual purpose of life**. How can we work to attain the grace of someone we have disrespect for? Thus we suffer a great loss. This loss is even greater for those in society at an impressionable age.

At a spiritual level, as per the science of Spirituality when we do good deeds, we earn merits and when we do bad deeds we incur demerits. SSRF did **spiritual research** into the spiritu-

al repercussions of the various acts involved like making the movie, watching it, etc.

To understand the result of this spiritual research better, let's take an example of the possible demerits on a scale from 1 to 100 that a person would accrue if he were to murder an average person, a seeker and a Saint. The demerit accrued if an average person is murdered is equal to **30 units**, if a seeker is murdered equal to 60 units, and if a Saint is murdered is equal to 100 units. The demerit earned when a person murders a Saint is the maximum possible. This is because at a spiritual level, He affects society at large positively. The above example will help us realise the gravity of the demerits (shown in the table) earned by the people associated with the movie. The table also shows what it would mean to them in context of these acts alone. Ultimately what they would actually undergo in the afterlife would depend on the sum total of all the merits and demerits in their lives.

Act	Demerit	Means
Those making the movie, 'The Love Guru'	30 units	2nd region of Hell for 1000 years
Those watching it for entertainment without knowing the science	2 units	<i>Bhuvvaloka</i> for 100 yrs
Those watching it for entertainment even after knowing the science	5 units	1st region of Hell for 100 yrs
Seekers of God knowing about the movie but doing nothing to stop it	5 units	1st region of Hell for 100 yrs

What can we do to voice our protest against the movie?

- Writing letters of protest to Paramount pictures
- Educating family, friends and acquaintances about the ill-effects of the movie
- Encouraging people not to watch it

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Newsbites

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SSRF Article

Believers are happier than atheists ▶

A report found that religious people were better able to cope with disappointments such as unemployment or divorce. [Read News](#)

Cemetery to offer 'green' send offs ▶

The study found it was better for people to be cremated, compared with the long-term impact of burials. [Read News](#)

Compassion Meditation Changes the Brain

Cultivating compassion and kindness through meditation affects brain regions. [Read News](#)



Comments from readers

With the guidance and explanation from SSRF, I can now understand and determine spiritual development and link the experiences I get with a spiritual explanation. This automatically alleviates the doubtfulness and uncertainty in spiritual practice.

My best wishes to SSRF.

- Mrs. Sumathi Sivaraja,
Klang, Malaysia

Quote Not finding time



You save what should be spent and spend what should be saved. Learn to do the reverse.

Implied meaning: In 'You save what should be spent', reference is to money. 'You spend what should be saved' means that you waste the valuable time that can be utilised for spiritual practice. In 'Learn to do the reverse', His Holiness Bhaktaraj Maharaj advises the maximum use of time for spiritual practice.

- His Holiness Bhaktaraj Maharaj

Having a goal in spiritual practice



Just as we have goals in our businesses it is recommended that we have goals in our [spiritual practice](#). In fact one of the important factors contributing to our rapid spiritual growth is having clarity about our spiritual goal. For many new comers to spiritual practice the notion of having a goal could be alien and most may not know what goal they can set in the first place.

How to decide a goal?

Well initially if one has no awareness of spiritual concepts, one can choose something simple such as 'I want to be happy in all my worldly transactions and activities'. Later as one matures in his spiritual practice and takes up study of Spirituality, one can set more pertinent goals such as, 'I want to earn a [Guru's grace](#)' or 'I want to achieve God-realisation'!

Benefits of having a goal

- Keeps one driven, focused and regular in his spiritual practice so as to achieve his goal
- Forms an important aspect of the review of one's spiritual practice, i.e. how am I progressing towards my goal?
- Helps one to develop milestones in his spiritual journey

A word of caution:

However we have to decide our goal judiciously. For this an understanding of the science of Spirituality in terms of what is possible and also an understanding of ourselves, i.e. our capabilities and how far we are ready to commit ourselves to achieve our goal is required.

Short term goals

One can break up his goal into short-term goals. These short-term goals act as way-points or milestones in one's spiritual journey. It makes it more manageable and bring it down to hard deliverables. For example if one's ultimate goal is being happy, then chanting the Name of God is a great tool to accomplish this. A short-term goal that one can set for oneself is to be able to chant for 2 hours a day within a 3 month time frame. Even this could be further broken down into 30 minutes of chanting per day for the first month, 1 hour in the 2nd month and 2 hours at the end of the third month. Like this we can have a number of such type of goals.

Review of goals

As per one's growth in understanding and spiritual practice one can revise his goals. One can add on new goals or even reconsider and reject earlier decided goals.

Review of spiritual practice with respect to goal

And lastly it is important to review one's spiritual practice regularly and take stock of how one is progressing with respect to his goal. An important aspect is to be alert whether our actions are aligned to our goal. For example, in the initial stages we would need to be alert whether we are using our free time for our goal, e.g. the time when we are standing in a queue, for chanting.

