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Newsbites

Spirituality Influences Health, Most U.S. Doctors Say

The majority of American doctors think that religion and Spirituality play an important role in influencing patients' health

Why do people believe in God?

Two million pounds being spent for researching why people believe in God.

More schools teaching Spirituality in medicine

Now 100 of the approximately 150 U.S. medical schools offer some variation of spirituality-in-medicine course work.

Spiritual Fact

What is the highest gift?: All of us are born with the highest form of gift, i.e. the gift of human birth given to us by God. Due to this gift we have the opportunity to do [spiritual practice](#) (as per the [6 basic principles](#)) and get access to His grace. From a seeker's perspective the highest gift is the [Guru's](#) (Spiritual Master's) grace as it takes him ahead on the path of God-realisation that is his [basic purpose of life](#).

SSRF corroborates spiritual research with modern equipment



In January 2008, SSRF opened yet another chapter in its research of the subtle dimension by using the [DDFAO](#) equipment, to corroborate some of the findings of its [spiritual research](#). We used this equipment mainly to measure the functioning of the seven chief anatomical plexuses which correspond to the functioning of the seven [Kundalini chakras](#). We used the equipment to test [seekers](#):

- at various [spiritual levels](#) and categories, e.g. [Saints](#), seekers having positive energy and seekers affected by [ghosts \(demons, devils, negative energies, etc.\)](#)
- before and after the introduction of a spiritual healing stimulus



In this study we took about 1000 readings across a sample size of 40 people.

Then in March we used 4 other equipments, the Gas Diffusion Visualisation (GDV), the Electro scanning method (ESM), the Poly-contrast Interference Photography (PIP) and the EIS system. This study was done as a joint venture with the Centre for Biofield Sciences, Exeter, England. The CEO of the company, Mr. Thornton Streeter himself

participated in the research activity wherein we studied cases categorized as in the above DDFAO study. However in this study we also scanned some items that have come in contact with His Holiness Dr. Athavale like His mug, bucket, pieces of floor tiles from His room, etc. The reason for this is that many seekers have experienced spiritual healing from these objects. We wanted to ascertain whether the fields around these objects used by H. H. Dr. Athavale such as the mug were any different from an average mug.

We are in the process of analysing all the readings but the preliminary results from the above studies are very encouraging. For example in the DDFAO study, the upper four [chakras](#) ([Sahasraar](#), [Aadnyaa](#), [Vishuddha](#) and [Anahat](#)) of all Saints and seekers with positive energy consistently showed very good functioning. This is indicative of a higher spiritual level. In the ESM study again the above groups showed perfectly balanced [chakras](#). Across all studies all people who were possessed by ghosts showed dysfunctional [chakras](#). These same people when exposed to a spiritual healing remedy like holding [H. H. Dr. Athavale's handwriting](#) in their hand for just 5 minutes showed a marked improvement in their [chakra](#) functioning.



Comments from readers

I only wish to express my gratitude of finding this wonderful resource to actually re- discover my wish and desire to continue with spiritual practice on my life journey. I cannot thank this organization enough for this opportunity to enhance my purpose in this life. God bless you all.

- Bill Paull, Melbourne, Australia

A quick cross check to ensure that one is on the right track:

- What am I studying – does it conform in principle to the [6 basic principles](#)?
- Am I putting it into practice?
- Am I experiencing higher and higher levels of what has been written?
- Am I reflecting on my experiences?

Quote **Destiny and Doubts**



There are two obstacles -

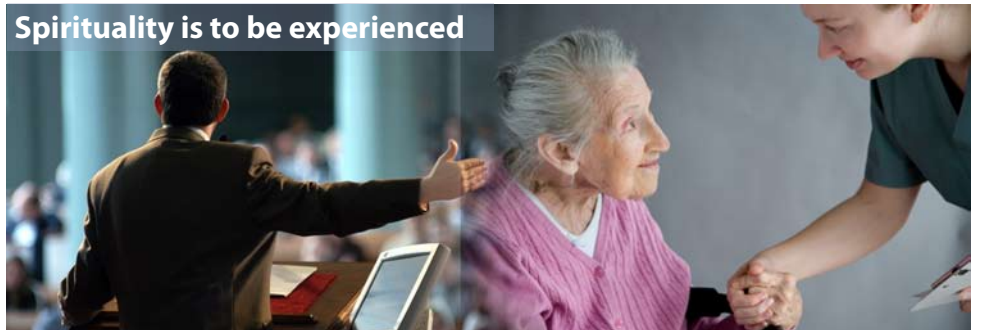
[destiny](#) and doubts.

Implied meaning: These are the two obstacles in a human's path of Spiritual progress. Firstly, if the destiny does not have enough merits to its account, progress on this path will be limited. Also, a human who has a large 'accumulated account of merits-demerits from previous births (*sanchita*)', will get more and more entangled in the Great Illusion (*Maayaa*) and he will not be able to serve God or Guru, as desired.

Secondly, if doubts keep coming to one's mind, development of faith and trust will become difficult. Due to a confused state of mind, service unto Him will not occur as required.

- His Holiness Bhaktaraj Maharaj

Spirituality is to be experienced



Spirituality is a science of experience. That is, whatever we can learn about it in words has only 2% importance; whereas 98% importance is in actually experiencing it first hand in our day-to-day life. Putting what we learn in words into practice is spiritual practice and this gives us higher and higher spiritual experiences. On the face of it, this concept is easy to understand; but not quite easy to put into practice.

The following are some typical areas that can negatively impact our experience of Spirituality

1. Quoting the scriptures without making active efforts to practice it
2. Not understanding the books/scriptures with the right implied universal perspective
3. Not reflecting upon our spiritual experiences from time to time and checking if they are of a progressively higher spiritual quality
4. Being ethnocentric and sectarian in our spiritual practice

For example, as a result of incorrect study or practice a preacher who preaches about [spiritual love](#), may never actually experience love without expectations. On the other hand a nurse practicing her profession as her spiritual practice as per the 6 basic principles may progressively experience higher levels of spiritual love, i.e. love without expectations.

Questions from our readers

If Spirituality is a science beyond the comprehension of intellect, why do we need to study?

Answer: We are used to assimilating information primarily by using our intellect. However, Spirituality is a science to be experienced at a deeper level, i.e. at the level of the [Soul \(jivaatmaa\)](#). Our predicament is that unless one has done substantial [spiritual practice](#) in an earlier birth, one does not get spiritual experiences without doing spiritual practice regularly as per the [six basic principles of spiritual practice](#). This is where we use our intellect through study to give us the initial impetus into understanding Spirituality and starting spiritual practice. Study of Spiritual science with the use of our intellect helps us in our spiritual journey by:

- Giving us an insight into the all important need of spiritual practice in our lives
- Providing us with clarity of the direction we need to take in our spiritual practice
- Strengthening our determination and perseverance in following the spiritual path
- Purifying our intellect so that we can make a spiritually sound decision in every situation
- Helping us to sustain and progressively increase our spiritual practice

However, for this to happen, one needs to study in depth and ask pertinent questions to others who have walked the path. Just reading or reciting verses from Holy texts does not bring about the same results. Till such time that we are graced with a [Guru](#) (Spiritual Master) who can guide us at every step in our spiritual journey or till we can be assured of the guidance from the Soul (God) within, we need to study Spiritual science.