

Methods of casting off the evil-eye (Part 1)

(Including spiritual interpretation)

Preface

The tradition of applying *kājal* (See Glossary) with the fingertip on the child's face is followed even today. Even today, knowledgeable women who follow traditions perform the ritual of casting off the evil-eye of guests with lemon and salt. We must understand, that when such traditions are sustained and nurtured for generations, there must certainly be some underlying science.

In today's competitive and materialistic world, most people have personality defects and vices such as jealousy, hatred, hunger for publicity, lecherous behaviour. *Raja-Tama* (Bound by activity and ignorance) vibrations generated from these vices have a distressing effect on the other individual through the subtle. This is what is termed as getting afflicted by the evil-eye. Similarly, squabbles within family members, physical ailments, financial difficulties, getting bad dreams, depression and addiction to smoking, drinking etc. has become a daily scenario. Though, it would appear that 80% of our problems are due to gross reasons, the actual reason is subtle, meaning, distress due to negative energies. Distress due to the negative energies is also a type of affliction by evil-eye.

In short, if we want to free our life of difficulties and make it blissful, then adopting this simple homely spiritual remedy of 'casting off the evil-eye' will be beneficial. In today's scientific world, mere mention of the words 'affliction by evil-eye and casting off the evil-eye' is a subject of ridicule by intellectuals. Today, anything that is explained scientifically is easily believed. Hence, in this Holy text various aspects such as the process of affliction by evil-eye, its implications, methods of casting off the evil-eye by using various substances, easy ways to cast off the effect of evil-eye on a child, precautions that need to be taken while performing this remedy etc. are elaborated taking care to supplement the knowledge with relevant 'Analysis based on subtle-knowledge' & 'Drawings based on subtle-knowledge' for easier understanding of the points, which otherwise cannot be understood by the reader through the gross intellect.

Through *samashti sādhanā* (Spiritual practice for the sake of society), Sanatan's seekers are trying to establish the Hindu Nation, whereas negative energies are trying hard to establish the demoniacal kingdom. Hence, negative energies harass Sanatan's seekers in various ways and on a large scale. Seekers have narrated through their spiritual experiences their state before casting off the evil-eye, effects of casting off the evil-eye and the benefits they derived, which once again proves that the remedy of casting off the evil-eye has a scientific basis.

Our earnest prayer unto the Holy feet of Shrī Guru is that after reading this Holy text, may all realise the importance of casting off the evil-eye, implement it and thereby, remove the covering of distressing vibrations around themselves, and through *sādhanā* (Spiritual practice) benefit from the Divine waves of the universe. – **Compilers**

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(An * sign has been put along with important points)

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