

Psychological and spiritual efforts required to bear the adverse times

Preface

The Volume 1 of this Text series mentions the preparations pertaining to food, water, electricity, daily necessities, etc. essential to survive the adverse times such as floods, earthquakes and World Wars. This Text elucidates preparations at various other levels such as the psychological, familial, financial to make these dreadful adverse times tolerable. It will also be clear from this Text why performing spiritual practice is of utmost importance when compared with other spiritual aspects. (Common Preface of this Text series is provided in Volume 1.)

- **Compilers**

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(An asterisk [*] sign has been placed alongside important points)

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