

Perspectives useful in overcoming spiritual distresses

Preface

In general, an individual knows as much as he understands through his five senses organs (eyes, ears, nose, tongue and skin), the mind and the intellect. Everything beyond these is 'subtle'. Most people cannot perceive the subtle dimension. Hence, they are unaware of the spiritual distress caused by subtle negative energies, dissatisfied subtle bodies of the deceased ancestors, or inauspicious planetary conjunction, etc. Though this is the case, an individual can suffer in a number of ways due to spiritual distress. The fury of negative energies in the current phase of Kaliyug is on the rise. Today, almost everyone suffers from distress caused by negative energies. Therefore, it has become necessary to create seriousness about overcoming spiritual distress.

Given ahead are some examples of how spiritual distress affects an individual's body, mind, intellect and life - Physical ailments of some people do not get cured despite proper medication, some often get confused for no apparent reason, some suffer greatly from worldly problems, some often experience unreasonable negativity or depression, some even get extreme thoughts about ending their life out of severe depression, some seekers are not able to perform spiritual practice appropriately despite making numerous efforts.

Many seekers perform spiritual remedies such as chanting, etc. for elimination of spiritual distress; but negative energies try to prevent them from performing spiritual remedies effectively. Consequently, the distress of the seekers does not reduce quickly and they lose interest in spiritual remedies gradually.

Although suffering arising from spiritual distress is not in our hands, controlling spiritual distress by performing spiritual remedies and gradually eliminating it is in our hands. This requires changing one's perspective towards spiritual distress. One has to create the belief that 'I can certainly overcome distress by performing spiritual remedies'. For this, one has to constantly impress perspectives on the mind that can create positivity, enhance perseverance and enthusiasm, help develop courage and a winning attitude and can be helpful in performing spiritual remedies effectively.

This Booklet will help in achieving this goal. Since the perspectives provided in this Booklet have been written with Sanatan's seekers in mind, the word 'seeker' has been used for an individual, but most perspectives are useful for everyone.

We pray at the Holy feet of Shrī Guru that by studying this Booklet, may those suffering from spiritual distress get the inspiration and direction to overcome spiritual distress, and may they lead a happier life by performing good spiritual practice. - **Compilers**

Index

Brief introduction to the expansive mission of Paratpar Guru (Dr) Athavale	6
Preface	9
1. What is meant by spiritual distress ?	13
2. Why do Sanatan's seekers suffer more from the distress caused by negative energies during the present times ?	14
3. Some symptoms of spiritual distress	16
4. Why is it necessary to overcome spiritual distress ?	17
5. Spiritual remedies : Effective weapons to overcome spiritual distress	18
6. Perspectives useful in overcoming spiritual distresses	19
7. Perspectives useful in spiritual remedies	42
8. Enhance spiritual practice and devotion to overcome distress	59
9. It is the spiritual practice for other seekers to lovingly understand those who are suffering from spiritual distress	66