

Text series on 'Balsanskar' : Vol. 5

How to study ?

(Includes remedies to overcome failure in exams)

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

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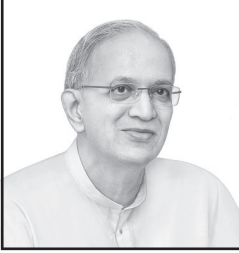


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Introduction to the Compilers

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,040 seekers are progressing towards Sainthood as of 8.7.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Munde

17.5.1996

Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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Note for readers

The perspective of students as well as parents towards studies, obstacles in studying etc., has been discussed in this Text. Hence, as per the need, a topic has been discussed in Chapter 1 as well as Chapter 2.



Preface



“Actually, I am fed up of studies. I study only because my mother is pressurising me”, says Master Vinay, a 6th standard student. Today, most children are seen studying either due to their

mother’s insistence or due to fear of their father. Sometimes it is the stress of competition that motivates them. Thus, children do not study wholeheartedly, and the expected success is not obtained in exams, giving rise to sorrow. This reduces the child’s enthusiasm, leading to further failures, and he is caught in a vicious cycle of sorrow and failures. This Text provides an excellent way of breaking this cycle.

Dear children, if you try to understand the correct perspective of studying, you will enjoy your studies instead of feeling bored. There are specific techniques that can help you to study. By following them you can bring about a qualitative improvement in your studies. This Text will guide you on how to improve your concentration with regular prayers, chanting God’s Name, taking autosuggestions, etc. Some students may get suicidal thoughts due to the stress of studies or failure in exams. This Text also guides on how to overcome exam anxiety, how to answer question papers with confidence and how to overcome suicidal thoughts. With a sense of duty, if parents mould the mind of their children while they are still young and inculcate good *sanskārs* in them, then the child will grow up to



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become someone who has an ideal personality, just as a well-cared for sapling grows into a beautiful tree. For the bright future of their children, parents too should read this Text. We pray unto the Holy feet of Shrī Guru that all students may perform various acts as mentioned in this Text, and succeed not just in their school exams but in the examination of life as well. - **Compilers**

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The reason for the honorific Sachchidānanda Parabrahman for Dr Jayant Athavale

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Parātpar Guru (Dr) Athavale is being addressed as Sachchidānanda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**

The reason for prefixing spiritual titles before the Names of Sadguru (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil

As per the instructions of Saptarshi through the medium of Saptarshi *Jeevanadipatti*, Sadguru (Mrs) Binda Singbal is being addressed as Shrīsātshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shrīchitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are spiritual heirs to Sachchidānanda Parabrahman (Dr) Jayant Athavale.

Note : For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.