

**Spiritual practice for God-realisation : Vol. 1**

# **Spirituality is superior to modern science**

(English)

**Compilers**

**Parātpar Guru (Dr) Jayant Balaji Athavale**

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Parātpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

**H.H. Sandeep Gajanan Alshi**



**Sanatan Sanstha**

Over 8.14 million copies of 333 Sanatan's Texts published as of January 2021 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

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**Read Sanatan's Booklet**

**Which Name to chant and why ?**

## 卐 ————— Preface ————— 卐

Most people experience the truth that, 'Happiness seems as minute as a grain of barley, while unhappiness seems as huge as a mountain'. In an average individual's life happiness is experienced 25% of the time and unhappiness is experienced 75% of the time.

Not only human beings, but other living beings too attempt to obtain supreme happiness. Since most people do not know how to obtain *Ānand* (Bliss), each tries to obtain happiness through the five senses, mind and intellect. However, happiness is temporary and of inferior quality, whereas *Ānand* is eternal and of supreme quality and does not pertain to any input from the five senses, mind and intellect (as it is beyond them).

Spirituality is the science which teaches us how to obtain *Ānand*. We can obtain *Ānand* only if we abide by Dharma. If we hold on to Spirituality and try to obtain *Ānand* by performing spiritual practice, we get the benefit of worldly happiness as well as *Ānand*.

Even though there is so much importance attached to Spirituality, most people do not even know the meaning of the word Spirituality. As a result, very few turn to Spirituality. *Ānand* is infinitely superior to worldly pleasure. If this is realised, then one will certainly make efforts to obtain *Ānand*. This Spiritual text elaborates on the hurdles faced during the study of Spirituality. Spirituality is not a subject of study merely at the intellectual level; rather, it is a subject to practice what is learnt and obtain spiritual experiences.



We pray at the Holy feet of Shrī Guru, that after reading this Spiritual text may at least some people begin performing spiritual practice and through it, may they experience a flow of inner *Ānand*. - **Compilers**

(The comprehensive preface to all the Spiritual text series related to ‘Science of Spirituality’ is provided in Sanatan's Spiritual text - ‘Dharma’.)



### For enhancing spiritual practice, read Sanatan’s Texts

#### Importance and benefits of Chanting

- ❧ Misconceptions about chanting
- ❧ Final moments of life and Namasmaran
- ❧ Medical, Psychological and Spiritual benefits
- ❧ We can merge with God due to chanting that is achieve advait
- ❧ Benefits of chanting in relation to samashti sadhana
- ❧ Comparison between chanting and other Paths of Yoga



#### Introduction to Spirituality

- ❧ Importance and benefits of Spirituality
- ❧ Do not undertake spiritual practice using intellect
- ❧ Limitations of performing sectarian spiritual practice
- ❧ Psychological and spiritual benefits of chanting God’s Name

