

Spiritual practice for God-realisation : Vol. 1

Spirituality is Superior to Modern Science

(Incorrect impressions and the correct perspectives)

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

and H.H. Sandeep Gajanan Alshi



Sanatan Sanstha

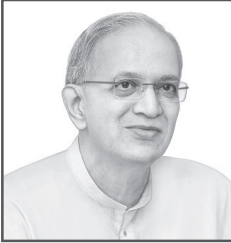
Sanatan's Texts available in various Indian languages

**Marathi (345), English (201), Kannada (199), Hindi (197),
Gujarati (70), Telugu (54), Tamil (44), Bengali (30), Malayalam
(24), Odia (22), Punjabi (13), Nepali (3) and Assamese (2)**

Over 9.86 million copies of 366 Sanatan's Texts as of Jan. 2025

Introduction to the Compiler

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', 130 seekers have become Saints and 1,049

seekers are progressing towards Sainthood as of 3.02.2025.

3. Unique creation of Spiritual texts on various topics
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots, social workers
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

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

Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale

Sadguru (Mrs) Binda Singbal & Sadguru (Mrs) Anjali Gadgil are the Spiritual Heirs of Sachchidananda Parabrahman (Dr) Athavale. As per the instructions of Saptarshis through Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name.

Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasara 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.

Contents

(Special subpoints under the main point are given here.)

1. Origin and meaning	10
2. Synonyms	10
3. Authority in Spirituality	11
4. Misconceptions about Spirituality	12
4A. Fear	12
4B. Ignorance	12
4C. Blind faith	16
4E. Cheating	18
5. Reasons for misconceptions about Spirituality	25
5A. Misguidance by prominent members of society	25
5G. Ignorance and blind faith of rationalists	28
6. Importance of Spirituality	31
6A. Worldly matters have limitations	31

Spirituality is Superior to Modern Science	7
6B. A subject which bestows eternal and supreme <i>Ānand</i>	32
6F. Realising the importance only when the need arises	35
7. Why is man interested in Spirituality ?	36
7A. Desire to discover the Creator	36
7B. Desire to go from the temporary to the permanent	36
8. Other sciences and the science of Spirituality	37
8C. Physical sciences and the science of Spirituality	40
8C 9. It is necessary that modern science and Spirituality go hand in hand	60
8C 11. Science is unable to provide spiritual experiences	61
8C 12. Superiority of Spirituality proved by modern scientific equipment	62
9. Obstacles faced when studying Spirituality	
9I. Atheism	68
• Criticism or inappropriate thoughts about Spirituality and their refutation	78
• Unique preface with spiritual terminology	85
• Scientific perspective of the Compilers	91

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



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 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 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 Text may at least some people begin performing spiritual practice and through it, may they experience a flow of inner *Ānand*. - **Compilers**



Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers

Participate in the mission of creating Sanatan's Texts and perform samashti sadhana

To participate in the mission of creating Sanatan's Texts such as compiling Texts in Marathi, translating Marathi, Hindi & English Texts into various other languages, formatting Texts in 'InDesign' computer software, designing Covers of the Texts and sevas related to Printing of Texts, please contact - ☎ (0832) 2312664 or ✉ sankalak.goa@gmail.com