

How to survive the adverse times ? - Vol. 1

Daily efforts required to survive during the adverse times

(Preparations associated with
food, water, electricity, etc.)

(English)

Compilers

卐 **Paratpar 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 Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

卐 **H.H. Sandeep Gajanan Alshi**



Sanatan Sanstha

Over 8.12 million copies of 331 Sanatan's Texts published as of
December 2020 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu,
Malayalam, Bengali, Assamese, Odia, Gurmukhi, English, Nepali,
Serbian, French, German and Spanish.

Introductory Contents

❧	Introduction to the Compilers	6
❧	Paratpar Guru (Dr) Jayant Athavale, the only Seer on earth who is active for the survival of human race and for the welfare of all Creation, during the adverse times	8
❧	Common Preface to the Text Series 'How to survive the adverse times ?'	11

Contents

1.	Meaning of the word Apatkal	14
2.	Predictions of Seers, Saints, Paratpar Guru (Dr) Jayant Athavale, Maharshi and Deities about the adverse times	14
3.	Do not make the mistake of ignoring the predictions about the adverse times	16
4.	Period when the adverse times will be severe	17
5.	Some natural calamities and international affairs indicating the advent of the adverse times	17
6.	Some examples depicting the dreadful state of affairs during the adverse times	18
7.	During the adverse times, do not make the mistake of relying on the Government; instead, everyone should be prepared at various levels	21
8.	During the adverse times do not have a mentality of facing life as it comes	21
9.	Do the following to prevent starvation during the adverse times	22

Daily efforts required to survive during the adverse times	5
10. Do the following to prevent suffering due to water scarcity	47
11. Consider these alternatives to avoid the inconvenience caused by interruptions in electrical supply from the Electricity Department	53
12. Making arrangements for transport when fuels such as petrol are unavailable or there is power failure	55
13. Start purchasing items of daily use for the family as well as those of occasional use from now itself	59
14. Planning alternatives for things of day-to-day use	64
15. Health-related preparation considering that doctors, Vaidyas, hospitals, etc. will not be available	73
16. At least one individual in the family must take 'First-aid Training'	75
17. At least one individual in the family must be trained in 'Firefighting'	76
18. Take 'Self-defence Training' to protect yourself and your family from antisocial elements	76
19. Other preparations required for the adverse times	76
20. God getting preparations done from Nepal's devout Hindu Mrs Sanu Tamang before the advent of the adverse times and the efforts she made	77

Sanatan's Texts useful for the adverse times

Spiritual remedies using empty boxes for curing ailments (Part 1 and 2)



Common Preface to the Text Series 'How to survive the adverse times ?'

1. Coronavirus pandemic is just a small glimpse into the severe adverse times : Since January 2020, Coronavirus has created havoc throughout the world. Due to lockdowns during this pandemic, many businesses and industries have been badly hit. This has led to recession in economies around the world. Due to this pandemic, loss of lives and financial losses are vast. The hanging sword of the pandemic spread, it has become difficult to move freely in society, take treatment in hospitals, etc. An environment of fear and stress exists everywhere. From all this as of November 2020, it appears that the corona pandemic is just a small glimpse into the severe adverse times.

2. Brief outline of the dreadful adverse times : Adverse times in the form of World War, earthquakes, floods, etc. are yet to take place. Many Nadipatti readers, foresighted Ascetics and Saints have predicted in the past that, come what may, the advent of the adverse times is a certainty. The adverse times are already upon us. Alleging that China is responsible for the spread of corona pandemic, some European countries along with USA, are gearing up for war against China. In nutshell, the World War 3 is fast approaching. The adverse times we are speaking of will not be a matter of a few days or months; instead, these will last till the Year 2023. It means, the duration of the dreadful adverse times will be 3 long years; in other words, till the 'Hindu Rashtra' (Ideal Divine Rule - Satyayug within the Kaliyug) is established.





3. Preparations at various levels necessary for survival during the adverse times : During such adverse times, power supply gets disrupted; transport system collapses due to fuel shortage, etc. As a result, Government machinery cannot reach everywhere to help. There are obstacles in the Government's assistance as well. Therefore, cooking gas, essential commodities such as food grains, water, etc. are not available for months at a stretch, and if at all they are available, they are rationed. During such times, it becomes difficult to find doctors, Vaidyas (Ayurveda doctors), medicines, hospitals, etc. easily. Considering all these facts, everyone should prepare at the physical, mental, familial, financial and spiritual levels well in advance. The first Volume of this Series covers the physical level preparations, whereas the second Volume covers the remaining preparations.

In this Series, while preparing for daily requirements such as food, water, electricity, we have provided various alternatives for each. We should make arrangements depending on the needs, availability of space, financial condition, local weather and geographical condition. Where there are limitations to the suggestions at the implementation level, we have given suggestions only; for example, suggestion to dig a well to avoid scarcity of water during the adverse times. Here, we have not gone into what exactly needs to be done. For this, the readers should consult experts or study the reference books themselves.

4. Prepare yourself to actually face the adverse times : It is also necessary to understand the measures required to





protect life and actually face adversities such as floods, earthquake, war, etc., measures at the psychological level to remain mentally stable and chant-remedies for elimination of the adversities.

5. Dear readers, start preparing fast : If readers start preparations immediately as advised in this Series, the adverse times might become bearable. Readers should also caution their brethren in society about the adverse times.

6. Prayer : We pray at the Holy feet of Shri Guru - 'May this Text Series become useful, not only to survive during the adverse times, but also remain blissful by accepting the perspectives of spiritual practice in life'.

- Compilers

Appeal to the Readers

If you come across any useful points associated with various topics discussed in this Text, please send them to us at the Publisher's address by E-mail or post.



Teaching Spirituality Comprehensively

Sanatan Sanstha

☯ Dharmashikshan to Hindus through ☯ 'Sanatan Hindu Dharmadiksha Kendra'
satsangs, Balsankarvargas etc. for propagating Hindu Dharma

☯ Uniting Hindus worldwide ☯ Spiritual Research

• Sanatan.org

• SanatanShop.com

☎ 9322315317