

How to survive the adverse times ? - Vol. 2

**Psychological and spiritual efforts  
required to bear the adverse times  
(Autosuggestions, spiritual  
remedies, spiritual practice, 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**

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Malayalam, Bengali, Assamese, Odia, Gurmukhi, English, Nepali,  
Serbian, French, German and Spanish.

## Introductory Contents

❧	Introduction to the Compilers	5
❧	The thought that 'a particular country should win World War 3 or a particular country should not suffer any losses' does not arise in my mind; the only thought is that 'sattvik people must survive'. - Paratpar Guru (Dr) Athavale	7
❧	Contents of 'Daily efforts required to survive during the adverse times'	8
❧	Preface	10

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### Contents

(An asterisk [\*] sign has been placed alongside important points)

1.	Preparations at the psychological level to face the adverse times	11
	* To develop the mental strength to cope with the dreadful situation during the adverse times, use the autosuggestion technique	11
2.	Family preparations for the adverse times	28
	* Family members who have gone overseas for studies, job, etc. should, if possible, be called back to India	30
3.	Financial preparation for the adverse times	30
	* Those who have invested in shares, should find some alternative now itself	32
4.	Preparations considering social commitment	33
5.	Other preparations or precautions for the adverse times	34
6.	Spiritual level preparations for the adverse times	36

## ❧ ————— Preface ————— ❧

The Volume 1 of this Text series mentions the preparations pertaining to food, water, electricity, daily necessities, etc. essential to survive the adverse times such as floods, earthquakes, World War. This Text elucidates preparations at various other levels such as psychological, familial, financial to make these dreadful adverse times tolerable. It will also be clear from this Text why performing spiritual practice is of utmost importance when compared with other spiritual aspects. (Common Preface of this Text series is provided in Volume 1.) - **Compilers**

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This Text contains personal spiritual experiences of seekers as per the adage - 'Where there is bhav (Spiritual emotion) there is God'. It is not necessary that everyone will get the same spiritual experiences. - **Compilers**

### Sanatan's Text useful for the adverse times

#### Spiritual remedies on ailments caused by obstructions in the Pranashakti flow system



- ❧ Principle underlying the treatment associated with flow of Pranashakti
- ❧ Reasons for inadequate supply of Pranashakti (Chetana) to the organs
- ❧ Limitations of Ayurvedic & Allopathic medicines, Acupressure, Reflexology

❧ Pranashakti flow therapy is more beneficial than other therapies such as Acupressure, Reflexology