



कृण्वन्तो विश्वमार्यम् ।

## Research insights into demonic possession & effective exorcism techniques

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## Abstract

While every major religion believes in demonic forces (negative energies) and has exorcists, it is a topic that is feared by most people and is shrouded in secrecy. With over 20 years of spiritual research in this field, the Maharshi University of Spirituality and the Spiritual Science Research Foundation have learnt that the phenomenon of being affected by negative energies and demonic possession is far more widespread than what is commonly believed. While distress caused by negative energies is just one type of spiritual problem, it is a major one that affects all sections of society. It can cause various problems in a person's life such as physical illnesses, financial problems, marital problems, mental disorders, etc. One needs an advanced level of sixth sense to diagnose whether a problem is due to negative energies or due to physical and psychological causes. Negative energies target people who have more personality defects. Personality defects weaken their minds and increase their vulnerability to negative energy attacks. They also target people who may have a sound intellect and mind, but who have a lot of ego and pride.

Due to a lack of sixth sense ability, many psychiatrists mistake the signs of demonic possession (a spiritual problem) for a psychiatric disorder. They make efforts to treat it at the psychological level, when in fact spiritual problems should be treated at the spiritual level. Spiritual practice that adheres to universal principles and spiritual healing remedies can be undertaken by anyone to overcome and protect themselves from distress caused by negative energies. Such practices allow one to become self-sufficient and hence, one does not have to rely on exorcists and faith healers. The time taken to free oneself from demonic possession depends on the intensity of one's spiritual practice versus the strength of the possessing entity.

Word count : 300

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# 1 Introduction

While every major religion and culture believes in attacks by demonic forces (negative energies) and has exorcists and rituals for exorcism, it is a topic that is feared by most and is shrouded in secrecy. For example, young Catholic priests in Italy are reluctant to become exorcists because they find it ‘too scary’ (Reynolds, 2006). Due to such fear and other factors such as skepticism in the scientific community, there is a scarcity of empirical research into the phenomenon of demonic possession and exorcism. Very often, without adequate and genuine study of the subject by so-called intellectuals, the phenomenon of demonic possession is glibly dismissed by them as more fiction than fact. They argue that there is no empirical evidence that proves possession is real and that the phenomenon is nothing more than a psychological disorder. Accordingly, they feel that it is something that is best confined to scary movie scripts.

However, as per the findings of spiritual research conducted by the Author and His spiritual research team, this line of thinking by academics is unscientific, biased and cannot be further from the truth.

## 1.1 Background

For the spiritual research team, the phenomenon of demonic possession came into sharp focus when seekers at the Spiritual Research Centre and Ashram in Goa, India suddenly became the locus (centre) of powerful supernatural activity. After some years of spiritual practice under the guidance of His Holiness Dr Athavale, some seekers started to display strange behaviour that was alien to their personality. The eruptions of these strange behaviour would usually occur while they were attending the daily *Arati*. The *Arati* is a ritual of waving a lit lamp in front of a Deity and Saints, accompanied by singing of hymns. The strange behaviour would persist for the duration of the *Arati* and abruptly stop on its conclusion (See Figures 1 and 2).



Figure 1 : A manifestation of strange behaviour by seekers when the lamp from the *Arati* is shown to them



Figure 2 : A manifestation of strange behaviour by some seekers during the *Arati*

Tests conducted by in-house psychiatrists showed that there was nothing psychologically wrong with this group of seekers. By undertaking spiritual research into the cause of this aberrant behaviour (using the

advanced sixth sense of seekers in the spiritual research team), it was found that the seekers were affected or possessed by negative energies. This prompted extensive research into the **cause, the diagnosis and treatment** of all forms of spiritual distress.



Figure 3 : The Spiritual Research Centre and Ashram of the Maharshi University of Spirituality

The Maharshi Adhyatma Vishwavidyalay (MAV) also known as the Maharshi University of Spirituality is situated in Goa, India. The University was founded on the base of 30 years of spiritual research by His Holiness Dr Athavale a world-renowned clinical hypnotherapist. It specialises in conducting research on how the subtle-world and spiritual-vibrations affect the lives of people and how to progress spiritually. With these objectives in mind, various experiments are conducted at its Spiritual Research Centre and Ashram in Goa, India.

The spiritual research team has been studying the phenomenon of demonic possession and exorcism for over 20 years. However, the findings from the research showed that there was nothing supernatural about this phenomenon and that it is quite a common and natural occurrence in the current era. In this paper, the findings of the spiritual research team are discussed. The intention of this research is not to dramatise the subject, but to present the topic with an even-handed, analytical tone, thus reducing fear in people's minds. Since this published research provides people with an online resource base where they can get real spiritual help, the research team answers approximately 1000 questions every month from people who flock to the Spiritual Science Research Foundation (SSRF) and MAV websites from all over the world.

## 2 Basic concepts

At the outset, it is important to clarify a few basic concepts that are necessary to understand this paper.

### 2.1 *Sattva, Raja and Tama*

In the Shrimadbhagawadgeeta (Chapter 14, Verse 5), Shrikrushna speaks of the 3 subtle-components of the Universe, namely *Sattva*, *Raja* and *Tama* that are in all of Creation, visible and invisible. *Sattva* is the component that denotes spiritual purity and knowledge, *Raja* denotes action and passion, while *Tama* denotes ignorance and inertia. The subtle-vibrations emitting from anything and everything are dependent on the predominant subtle basic component they are comprised of. Being able to perceive these vibrations through one's sixth sense, helps a person quickly analyse whether an object is spiritually pure or not. (Other variations of the word *Sattva* included in this paper are *sattvik* and *sattvikata*, which mean spiritual purity.)

## **2.2 What is the spiritual dimension ?**

The spiritual dimension or subtle-dimension refers to the invisible world of subtle-vibrations, departed ancestors, ghosts, angels, subtle-regions, etc. It cannot be perceived or experienced by a person's five senses, mind and intellect. It can only be perceived by one's sixth sense.

## **2.3 What is sixth sense ?**

Sixth sense or subtle-perception is a person's ability to perceive the spiritual dimension or subtle-dimension and the various subtle-vibrations associated with it. It also includes the ability to understand the subtle cause and effect behind events that take place in the physical realm that are beyond the understanding of the intellect. Extrasensory perception (ESP), clairvoyance, premonition and intuition are some terms that are similar in meaning to the sixth sense or subtle-perception.

## **2.4 What is spiritual research ?**

It is about researching the spiritual dimension to study and understand its impact on subjects such as people, animals, plants, the environment, etc. It is most effectively carried out through an advanced level of sixth sense. The more advanced the sixth sense, the more accurate are the findings.

## **2.5 Spiritual level**

The Maharshi University of Spirituality uses a scale between 1% and 100% to evaluate spiritual level. 1% would refer to the spiritual level of an inanimate object, while 100% would refer to the pinnacle of spiritual growth for a person, which is self-realisation or becoming one with the Divine. The spiritual level of an average person in the current Era of Kaliyug is 20%. Spiritual level increases only with spiritual practice. When a person attains the spiritual level of 70% and above, he or she is known as a Saint or a Guru and is considered a true spiritual guide. Saints or Gurus above the spiritual level of 90% have a highly advanced level of sixth sense and can completely access the Universal Mind and Intellect, which is God's Mind and Intellect. A person does not have to be dead to be declared a Saint. Saints are simply people who have evolved spiritually through spiritual practice. Spiritual level can only be determined by a person who has a sixth sense of a very advanced level.

## **2.6 Subtle-regions**

There are seven main spiritually positive and seven main spiritually negative subtle-regions of existence in the Universe. Of these fourteen regions, Earth is the only physical region while the rest are subtle in nature. After death, the subtle-body (or the consciousness of a person) goes to one of the subtle-regions based primarily on good or bad deeds performed in the previous births.

## 2.7 Negative energies

There are many references in the sacred scriptures from around the world about demonic forces (negative energies). Negative energies are subtle-bodies in the negative subtle-regions of the Universe. They affect human beings for various reasons. They have unfulfilled desires such as sexual urges, consuming alcohol, taking revenge, etc. They derive pleasure by exerting control over and tormenting humans and also subtle-bodies during their onward journey in the afterlife. Negative energies are especially attracted to people who do not practice Spirituality, who have a high proportion of the *Tama* component and who have many personality defects, since such people can be used by them to fulfil their desires. Negative energies also play a significant role in creating obstacles in the journey of a subtle-body immediately after death. Negative energies invariably try to capture and enslave the subtle-body of the deceased for various reasons (Athavale & Gadgil, 2007). There is a hierarchy in negative energies which is mostly based on spiritual power. The difference in spiritual power between a common ghost and a higher level negative energy is vast and incomparable.

## 3 Diagnosis of spiritual distress

An accurate diagnosis of whether a person is affected or possessed by negative energies, and the extent and nature of his spiritual distress can only truly be obtained through a person's sixth sense which needs to be of an advanced level. In the early days of the research conducted by the spiritual research team on the phenomenon of demonic possession, the sixth sense of seekers in the spiritual research team was the only available means for diagnosis. However, it has also proved to be the most accurate and detailed. Now, with the advent of more sophisticated aura and energy scanning devices, a new dimension of analysis and reporting is available to the research team. Even though it is not as detailed as the diagnosis that can be obtained through the medium of a person's sixth sense, it is invaluable since it is an unbiased third-party view of assessing subtle-vibrations.

### 3.1 Experiment to test subtle-vibrations from seekers who display strange behaviour

Below (Figures 4-6) are photographs of one of the first few seekers who displayed signs of unusual behaviour. She was diagnosed with the help of the sixth sense to be suffering from demonic possession. While she started spiritual practice in 1997, the possessing negative energy only started to manifest in 1999. The possessing negative energy would manifest either with violent behaviour (Figure 5) or with seductive behaviour (Figure 6). The seeker's spiritual level was 51% when these pictures were taken. Figure 7 is a picture of the seeker taken in early 2018 after two decades of regular spiritual practice. Her spiritual level was 64% when this photograph was taken. It has been found that apart from capturing the physical form of a person, photographs also encapsulate the subtle-vibrations associated with the person.



Figure 4 : Seeker in her normal state at the time she was diagnosed as having spiritual distress in 1999



Figure 5 : Seeker while manifesting in an angry and violent manner



Figure 6 : Seeker while manifesting in a seductive manner



Figure 7 : Seeker in 2018 after many years of spiritual practice, when the distress has reduced substantially



Figure 8 : The Universal Thermo Scanner (UTS)

The research team used the Universal Thermo Scanner (UTS) (Figure 8) to study the subtle-vibrations emitting from the photographs. The UTS is an instrument developed by Dr Mannem Murthy (a former nuclear scientist) and is used for measuring the subtle-energy (positive and negative) and the total measured aura around any object (living or non-living). Using this instrument, the four photographs of the seeker were analysed. The readings

provided below are in metres.

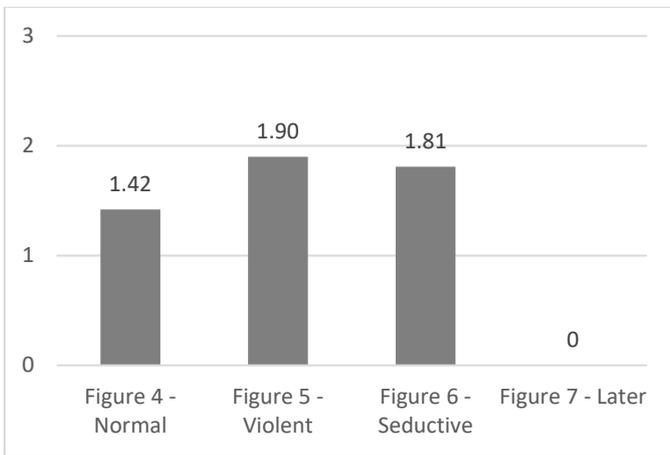


Figure 9 : Negative energy aura readings of the 4 photographs of the seeker

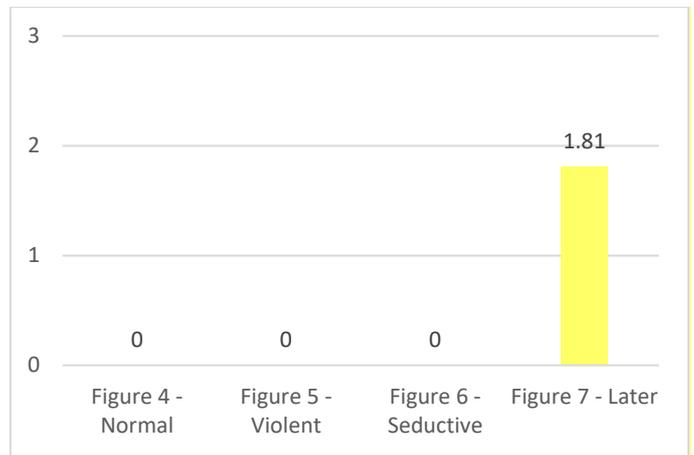


Figure 10 : Positive energy aura of the 4 photographs of the seeker

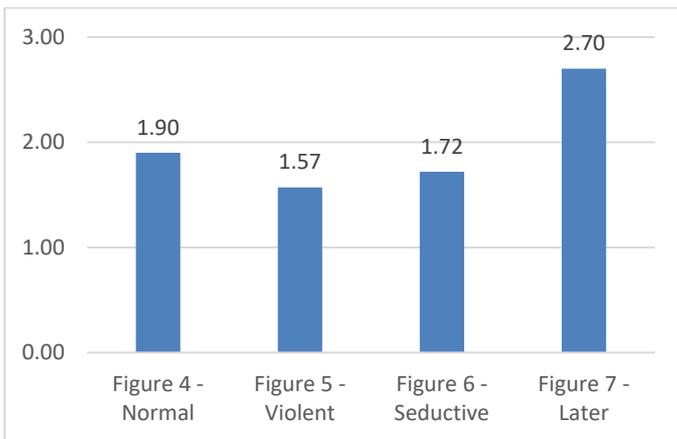


Figure 11 : Total measured aura of the 4 photographs of the seeker

### Key observations

- The negative energy aura readings (in Figure 9) were quite significant from the earlier photographs (Figures 4-6) which were taken when the seeker had started to manifest after starting spiritual practice. During the manifestation of the possessing entity (Figure 5-6), the negative energy aura was approximately 30% more than when the possessing entity was dormant and in an unmanifest stage. After two decades of intense and regular spiritual practice, this seeker has been able to successfully eliminate the negative energy aura. This indicates that now the effect of the possessing entity on the seeker is minimal.
- The positive energy aura readings showed that the seeker now has a positive energy aura. Earlier there was no positive aura, and this is a testimony to the spiritual benefit of spiritual practice.
- The total measured aura of the seeker also improved after spiritual practice.

## Analysis and conclusions

The spiritual research team has had many years of experience using the UTS and studying various types of people through it. The following table summarizes the type of aura and its extent depending on the type of person being measured.

Type of person	Spiritual level (%)	Type of aura and its extent		
		Negative aura <sup>1</sup>	Positive aura	Total measured aura
A. Mentally challenged	20	Less to medium	None	Less
B. Average person	20-29	None to less	None	Less
C. Average person (Possessed)	20-29	Medium to high	None	Less to medium <sup>2</sup>
D. Seeker	30-59	None	None to less	Less to medium
E. Seeker who is possessed	30-59	Less	None to less	Less to medium <sup>3</sup>
F. Advanced seeker	60-69	None	Medium	Medium to high
G. Saint	70 and above	None	Medium to high	High
H. Saint beyond 90% spiritual level	90 and above	None	Extremely high	Extremely high

Footnotes:

1. The UTS provides two types of negative energy aura readings which are - Infrared (IR) and Ultraviolet (UV). Currently research is being conducted on understanding how the UTS readings change when the negative energy is active as opposed to dormant within the possessed subject.
2. While total measured aura is usually an indication of positivity, in the case of severely affected or possessed people not performing any spiritual practice (category C in the table above) the total measured aura is largely negative in nature.
3. In the case of severely affected or possessed people who are seekers practising Spirituality (category E in the above table) the total measured aura is largely positive due to their spiritual practice.

The levels from 'none' to 'extremely high' are relative and are based on the observations of hundreds of readings of people taken over 5 years. Please note that the readings can vary when the environment becomes negatively charged such as in full-moon and new-moon days, fortnight of the ancestors (*Pitrupaksha*), and the eclipse of the Sun and the Moon. The above approximations are based on normal environments.

### 3.2 Spiritual research into the diagnosis of demonic possession

When conducting spiritual research into why seekers displayed such behaviour, some startling facts came to light not only about the population of seekers practising Spirituality under the guidance of His Holiness Dr Athavale, but also the entire world's population. The following are some summary facts gleaned through spiritual research using advanced sixth sense of seekers.

1. **Prevalence of the phenomenon** : Many of the world's main researchers into this subject maintain that it affects a small proportion of people. For example, Dr Richard Gallagher, a psychiatrist, who is a proponent of demonic possession says, "Possession, is rare - but real" (Blake, 2017). Yet, the findings of the research team are very different from experts such as Dr Richard Gallagher or the Vatican who believe it is not a widespread phenomenon (Goodstein, 2010).

The spiritual research team's findings are that approximately 30% of the world's population is possessed by negative energies. Being possessed means that the negative energy controls a person's consciousness, and hence, their decision-making ability. Another 50% of the world is affected by negative energies (SSRF, 2008). Being affected by negative energies means the physical, mental, intellectual and/or spiritual functioning of a person is affected or altered by such subtle-entities entirely through the use of their black energy (SSRF, 2008). The primary weapon of negative energies is black energy, which is a spiritual energy capable of manipulating any process on the Earth or subtle-regions of the universe. The extent of this manipulation depends on the strength of the attacking negative energy. Approximately 20% of the world's population is not affected, but at least half of them can be affected at some point in their lives. Given that the vast majority of the world's population, i.e. 80% is either affected or possessed, it is a phenomenon that needs to be taken very seriously.

2. **Spiritual distress due to departed ancestors** : Departed ancestors in the afterlife are also known to affect people who are their descendants for a variety of reasons and can cause many problems in their life such as addictions, financial problems, marital problems, inability to beget children, etc. Departed ancestors also use the method of creating problems in the lives of their descendants as a means of reaching out to them from the afterlife. This is so because they want their descendants to perform some rituals to ease their suffering in the afterlife.

3. **Signs of being affected or demonic possession** : When a person is possessed, the signs are mostly not as dramatic or violent as depicted in Hollywood movies as in 'The Exorcist' or 'The Exorcism of Emily Rose'. Negative energies do not like being exposed, and operate in stealth mode, insidiously affecting or possessing people. There are a host of problems that people may face in day-to-day life that can be caused by negative energies. The problems caused by demonic possession can be physical, psychological or spiritual in nature (SSRF, 2009).

- Physical problems include problems such as migraines, eczema, contorted body movements, inability to beget children, etc.
- Psychological problems include displaying behaviour contrary to one's nature, addictions, recurrent nightmares, chronic depression, suicidal thoughts, having violent thoughts about others, deviant sexual behavior, etc.
- Spiritual problems include hearing weird sounds and voices that others cannot hear, not being able to tolerate being in the presence of spiritually positive stimuli like a Saint, experiencing distress when chanting the Name of God, etc. In the case of the seekers practising Spirituality under the guidance of His Holiness Dr Athavale (the Author), some of them were possessed but they were not aware of it. The negative energies worked in the background, causing disruptions in the seekers'

lives thus triggering problems at various levels. However, it wasn't until they started spiritual practice, which adhered to universal principles that the manifestation of the negative energy started. While this may seem like a paradox, it is easily explainable. Due to the effectiveness of the spiritual practice recommended by the Author, the spiritual positivity in the seekers grew quickly. The negative energies possessing these seekers could not tolerate the positivity. Coupled with some highly positive spiritual stimuli like the daily *Arati*, this forced the negative energy to manifest itself. Once a negative energy manifests, a diagnosis can easily be made as to whether the person is possessed. Once such a diagnosis is made, spiritual solutions can be employed and then it is only a matter of time that a person can extract himself from the clutches of the negative energies. Spiritual practice which adheres to universal principles and is dedicatedly practiced by a person under an evolved spiritual guide is the best diagnostic tool. This is because due to the heightened levels of positivity generated, the possessing entity eventually is exposed in the form of a manifestation.

- **Psychiatric problem or demonic possession** : Very often, exorcists maintain that in most cases it is a psychological problem. Fr Vincenzo Taraborelli, the lead Vatican exorcist says, "Before doing exorcisms, I urge people to see a psychologist or a psychiatrist. I ask them to bring me their prognosis." (Reynolds, 2006)

It has been the research team's experience that mental illness and being affected or possessed by negative energies are intertwined. Up to 90% of mental illnesses have some element of their root cause in spiritual reasons such as control of a person by negative energies. With respect to diagnosis, just by looking at the photograph of the person in question an evolved spiritual guide can assess through his sixth sense the proportion to which the problem is caused by negative energies or if it is purely psychological in nature.

Some noted psychiatrists who are skeptics and pride themselves as rationalists willfully undermine the spiritual angle of research efforts in this field. Steven Novella, a neurologist and professor at Yale School of Medicine says, "Telling a patient who is struggling that maybe they're possessed by a demon is the worst thing you can do." (Blake, 2017)

The spiritual research team begs to differ. A diagnosis of any problem should be unbiased and based on whether the root cause is physical, psychological or spiritual. Spiritual root causes such as demonic possession are subtle in nature, and can only be diagnosed or proved by an advanced level of sixth sense and not by modern science techniques using one's 5 senses, mind and intellect. If a person is indeed possessed, then he will get relief only by some spiritual healing remedies. Therefore, this is not the worst but the best thing one can do to alleviate the patient's distress. It has been the research team's experience that often skeptics themselves are under the influence of more powerful negative energies who use such skeptics as conduits to curtail the true knowledge about negative energies from spreading in society.

- **Types of manifestations** : The spiritual research team has observed a whole gamut of emotions which are in fact different ways negative energies manifest in a person. The Maharshi University of Spirituality has one of the largest video collections in the world of various types of manifestations of negative energies; the following are some forms of manifestations. Video footage along with pictures will be presented at the conference.

- Violent
- Animal-like
- Seductive
- Jovial
- Comatose
- Speaking in tongues
- Multiple personalities
- Deceptive as Deities
- Having talents such as dancing and acting
- Silent and docile
- Leaving one's hair loose and dancing
- Meditative

## 4 Causes of spiritual distress due to negative energies

After the spiritual research team had diagnosed that a significant proportion of people are affected or possessed by negative energies, the natural questions that came to mind were why was this so and what were the reasons for negative energies affecting or possessing people.

### 4.1 Root causes of problems in life

Through spiritual research, it has been found that the root causes of any problem in a person's life can be - physical, psychological/intellectual and spiritual. These 3 root causes are not mutually exclusive and can be a combination of them in varying proportions. On average :

- 20% of problems are due to psychological and/or physical causes
- 30% of problems are due to spiritual, psychological and/or physical causes
- 50% of problems are purely due to spiritual causes

### 4.2 Main spiritual root causes

There can be various spiritual problems in life as listed below. This list has been collated from findings of spiritual research and from various Holy texts.

1. Destiny that a person is born with
2. Departed ancestors' effect on their descendants
3. Ghosts or negative energies
4. Reduction in vital energy
5. A block in the Kundalini or spiritual energy system
6. Black magic or voodoo
7. Distressing vibrations in the premises

Out of the above spiritual root causes of problems that have been listed, points 1 to 3 are the most common. The spiritual root causes of problems can only be diagnosed with the sixth sense. The accuracy of the diagnosis depends on the quality of the sixth sense of a person. More powerful negative energies can easily go undetected and can withstand any attempts for exorcism by 99.9% of the world's exorcists.

### 4.3 Why negative energies attack people

Negative energies can affect or possess people for various reasons. Through spiritual research and from references in various Holy texts such as the Atharvaveda, Puranas, the Holy Bible, etc. the spiritual research team has summarized the various reasons broadly under 4 categories.

1. Gaining sadistic pleasure by troubling people
2. Trying to satisfy their desires or cravings (such as sex and addictions) through people
3. Seeking revenge if a person has provoked them in any way
4. Tormenting seekers of God and to create obstacles for them to progress spiritually

### 4.4 Mechanism of how negative energies affect or possess a person

The act of possession typically goes through four generic steps. These steps can take place within a short period or sometimes can take many months, which depends on the strength of the attacking entity and the spiritual vulnerability of the person who is the target of the attack. (SSRF, 2008)

#### Step 1: Creating the environment for demonic possession

The ghost first makes the surroundings of the person that it has targeted to be possessed favourable for the act of possession to take place. It creates or takes advantage of situations that destabilise the mind, thus weakening the person. These situations could affect a person at the physical or mental level. Negative energies accentuate existing personality defects in a person such as anger, greed and fear. They also increase negative thoughts in a person's mind, which in turn weakens a person's state of mind. They will also try to give thoughts to the person to lead a lifestyle that is more *Raja* and *Tama* predominant.

#### Step 2: Point of entry

Once they have identified an area of weakness, negative energies continue to capitalize on that aspect. For example, if a person is highly emotional, they will accentuate that feeling. This then becomes the key vulnerability in a person's consciousness that negative energies exploit.

### Step 3: Creation of a centre

A ghost possesses or controls a person through black energy. Black energy is a spiritually negative/harmful type of energy. The ghost sets up shop in a person through something known as a 'centre'. It stores its black energy in this 'centre'. The place that the ghost chooses as a 'centre' is typically a vulnerability in the person. For example, if a person is very emotional, negative energies will create a centre in the impression of emotionalism in the person's mind. To create and establish a centre completely can take a negative energy anywhere between a few days to few months. Through a centre, the negative energy goes on to progressively transmit black energy throughout the rest of the mind and intellect.

### Step 4: Taking control

The possessing entity engulfs the possessed person with its own mind and intellect. Consequently, the mind and intellect of the possessed person become non-functional. The person then begins to talk, walk, think and behave according to the new mental and intellectual attributes of the possessing entity.

## 5 Treatment of spiritual distress

The spiritual research team at the Maharshi University of Spirituality has undertaken extensive research into developing spiritual healing tools and practice to protect one from negative energy attacks. Going through all these methods are beyond the scope of this paper. However, it is pertinent to elaborate on the principles that underpin any spiritual healing process and some important learnings gleaned from this research.

1. **Prevention is better than cure** : Just as leading a healthy lifestyle is important for physical health, leading a spiritually positive lifestyle is important for one's spiritual health. This means leading a *sattvik* lifestyle and abstaining from a *Raja* and *Tama* predominant lifestyle. This includes thoughts as well as actions. This helps in reducing the risk of negative energies attacking in the first place.
2. **Law of spiritual healing** : The basic principle behind any method of spiritual healing is to increase spiritual purity (*Sattva*) and reduce spiritual impurity (*Raja-Tama*). Increase in *sattvikata* creates wellness at all levels.
3. **Temporary versus permanent cure** : It is common sense that one would prefer a permanent cure as opposed to temporary relief. Permanent relief from problems where the root cause is spiritual in nature can only be gained through regular spiritual practice. While spiritual healing remedies can bring temporary relief, it is spiritual practice alone that brings about spiritual growth and advancement in spiritual level. At higher spiritual levels, one gains access to God's grace which provides protection above and beyond one's individual spiritual capability.

4. **Going to a healer or an exorcist** : It is a myth that a healer or an exorcist will bring about lasting cure. The quality of the healing depends on various factors such as the spiritual level of the healer, the strength of the possessing entity, the amount of personality defects in the possessed person and the spiritual level of the possessed person. Also, a healer will mostly provide only temporary relief. Unless one is really incapable of helping oneself, it is always better to undertake spiritual practice as opposed to going to a healer, an exorcist or a Shaman (a healer who has access to benevolent and malevolent spirits). There are more cons than pros in seeking the help of a healer. This is because over time despite their best intentions very often healers or exorcists succumb to negative energies and come under their control.

The process of spiritual healing is dependent on a number of factors, but if one dedicatedly practises Spirituality as per universal principles, that itself would be enough to ensure he/she is protected from the harmful elements in the subtle-world such as negative energies and adverse destiny.

### 5.1 Chanting the Name of God

People are born into the religion that is most conducive to begin their spiritual journey. Accordingly, in the beginning of one's spiritual journey, the aspect of God that one worships (depending on one's religion) is what is most beneficial for spiritual growth. The various Names of God according to each religion, represent the various aspects of the one Supreme God. By repeating the Name of God according to the religion of our birth, we call upon this aspect of God and harness His Divine energy. This would be akin to taking a general spiritual tonic that is most required.



Figure 12 : GDVCamera BIO-WELL

The power of chanting has been documented with aura and energy scanning devices. One example is of a visiting researcher who used the GDVCamera BIO-WELL (Figure 12) to compare a seeker's subtle energy before and after chanting (SSRF, 2015). It was observed that after a mere 40 minutes of chanting in the Ashram's spiritual healing room, seekers' subtle energy was far more positive and aligned. Below (Figure 13) is one such example of readings obtained from the GDVCamera BIO-WELL in this experiment.

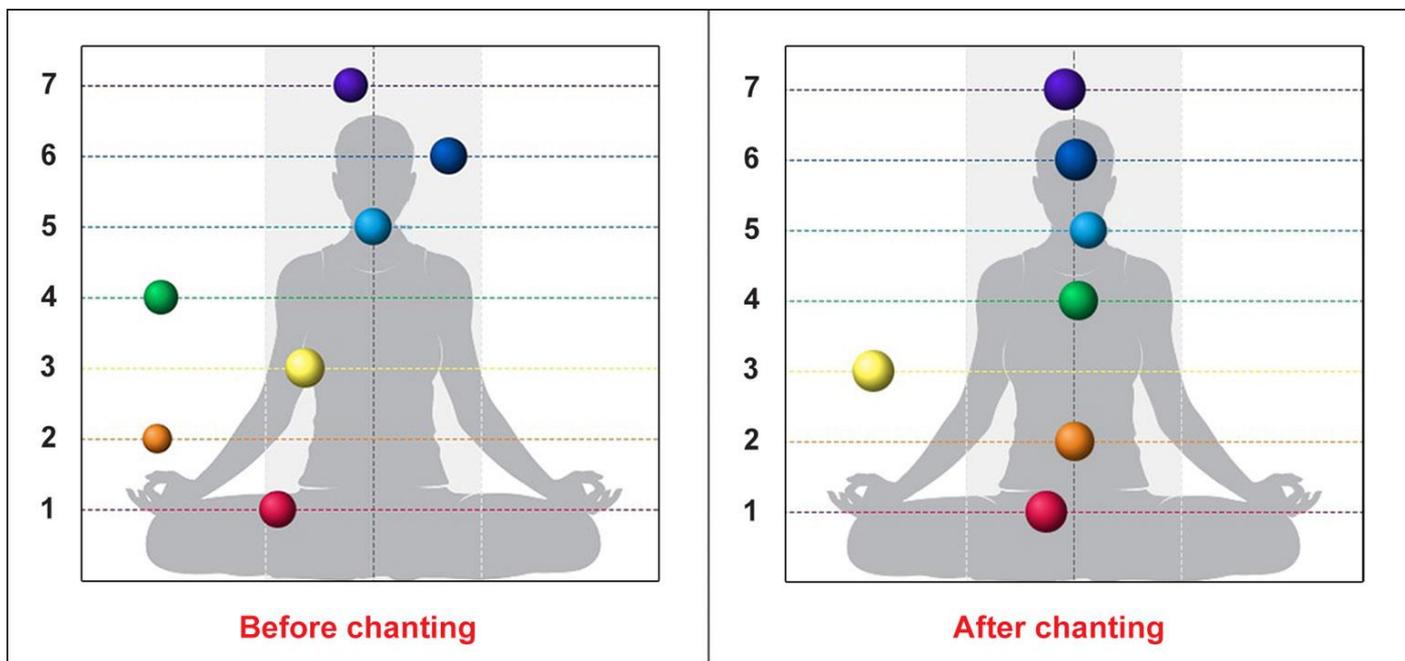


Figure 13 : Readings of the *chakras* (spiritual energy centres) of a seeker suffering from severe spiritual distress taken before and after 40 minutes of chanting God's Name using GDVCamera BIO-WELL

## 5.2 Chanting 'Shri Gurudev Datta'

Chanting 'Shri Gurudev Datta |' is a powerful protection chant for alleviation of any distress caused by departed ancestors. In addition, when descendants repeat this chant for their departed ancestors, it helps them move on in the afterlife. It is suggested that one repeats this chant for a minimum of two hours daily.

## 5.3 Salt water remedy

The salt water remedy is a simple but powerful spiritual remedy to counteract the harmful invisible black energy and drain it out of one's system. The remedy involves immersing one's feet in water which has rock salt mixed in it. The complete details are provided on the SSRF website (SSRF, 2009). It is suggested that one performs this remedy at least once a day.

Using an aura and energy scanner, the spiritual research team observed that the negative energy aura in a possessed seeker was completely eliminated after performing 15 minutes of the salt water remedy (MAV, 2016). Such elimination of black energy is very beneficial. By doing so, a seeker does not waste his spiritual practice in fighting the adverse effects of black energy. Instead, the spiritual energy generated through spiritual practice can be directed for just spiritual growth.

## 6 Conclusion

Skeptics, scientists and rationalists would argue that giving credence to demonic possession and exorcism is an attempt to take humanity back into the dark ages. However, the opposite is in fact closer to the truth. By not acknowledging and considering the ubiquitous effect the spiritual dimension has on our lives,

modern science has thrown humanity into a spiritual dark age. Ultimately every person wants to experience happiness. However, there are invisible negative forces that are constantly working insidiously, impacting people's lives and thus reducing the happiness in their lives. While people run to find physical solutions to avoid the next mass shooting or psychological solutions for addictions and depression, they are oblivious to the fact that the real factors behind such world problems are spiritual in nature.

Negative energies from the spiritual dimension, needless to say, are quite happy with the status quo of modern science discounting the possibility that powerful demonic forces exist. Due to this naivety and ignorance amongst the world's so-called intellectuals, negative energies are allowed to run amok in society, doing and taking whatever they please.

The solution to this worldwide problem is that people should dedicatedly undertake spiritual practice that is based on universal principles and not on some sectarian religious belief. Any spiritual practice or spiritual path one adopts should be underpinned by active efforts to remove one's personality defects. If this were to happen, the proportion of the subtle components in society and in the environment would reverse from being more *Raja* and *Tama* predominant to being more *Sattva* (spiritually pure) predominant. Just as germs cannot sustain in a sanitized environment, negative energies lose their power in spiritually pure environments. When there is a predominance of spiritual purity in society and the environment, the world will once again witness peace and well-being as was experienced in the earlier Eras of the universe.

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