

## HOW THE SPIRITUAL LEVEL AND SPIRITUAL STATE OF AN AUTHOR AFFECTS HIS LITERARY WORKS

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### Abstract

*Writing a book on Spirituality is not as easy as writing books associated with worldly subjects. This is because the entire subject of Spirituality is subtle in nature and hence, the author needs to access subtle-knowledge to write a book on Spirituality. Such an author's works have the potential to influence society's perception about Spirituality. An experiment was conducted to test the spiritual efficacy of the literary works of three categories of authors using 2 methods - 'advanced sixth sense' and 'aura and energy scanners'. Both the methods showed highly positive spiritual vibrations from the book written by a Saint. The books written by the other two categories of authors - 'an average person' and 'a fake spiritual guide' who were in fact under the influence of negative energies emitted spiritually negative vibrations to varying degrees. If the author is not a Saint, his intent behind writing is generally to gain fame and/or fortune. When the objective is worldly or contrary to universal spiritual principles, the author does not get help from God. Subtle negative forces take advantage of such worldly ambitions of the author and try to influence the author's thoughts to misguide society through his book.*

**Keywords** : *Spiritual effect of an author, subtle knowledge, spiritual literature, negative energies, subtle effect on society, Saint as an author, fake spiritual guide as an author.*

## HOW THE SPIRITUAL LEVEL AND SPIRITUAL STATE OF AN AUTHOR AFFECTS HIS LITERARY WORKS

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### Introduction

Every year numerous books pertaining to Spirituality are published all over the world. Some related genres of books are as follows:

- Spiritual self-help
- Religion & Spirituality
- Personal transformation self-help
- New age & Spirituality
- Worship & devotion
- Spiritualism
- Motivational self-help

For those genuinely seeking spiritual growth, choosing what to follow from the plethora of books and authors in the field of Spirituality can be quite daunting. This is because Spirituality is a subtle science and it is very difficult for the average person to understand which book has a higher proportion of the Absolute Truth in it, so that they can study that book alone. There is a risk of a student being taken in by writings that may have very little spiritual truth in it, but which are presented very well and are articulate. The other issue facing those who are interested in Spirituality is that books on Spirituality cannot be verified by the same tools that are used to verify information contained in books related to Physics, Chemistry, Biology, etc. This issue has been elaborated upon in Section 3 of this paper.

As of September 2017, under the guidance of His Holiness Dr Athavale (the Author of the paper and founder of the Maharshi University of Spirituality), over 300 books pertaining to Spirituality and how the spiritual dimension affects peoples' lives have been compiled. Over 7 million copies of these books have been published in 13 Indian languages and 5 foreign languages. The unique aspect of the knowledge published in these books is that approximately 30-50% of the knowledge has been gained using subtle ability.

This knowledge is not published or available anywhere else in the world. However, it has been the Author's experience that receiving subtle-knowledge is not without risk and the process can be affected with issues that can compromise the veracity of the information.

The primary purpose of this paper is to discuss how the spiritual level and the spiritual state of an author affects his literary works and the reader.

## **Basic concepts**

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

### **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.

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

Sixth sense or subtle perception ability is a person's ability to perceive the spiritual dimension or subtle dimension and the various subtle spiritual 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 and which are beyond the understanding of the intellect. Extrasensory perception (ESP), clairvoyance, premonition and intuition are some terms that are similar in meaning to sixth sense or subtle perception ability.

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

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

### **The medium through which one's sixth sense ability works**

The physical world is perceived and understood by a person through his five physical senses (i.e., smell, taste, sight, touch and sound), his mind (i.e., feelings and emotions), and his intellect (comprehension and decision-making ability). When it comes to the invisible world or the subtle world, a person can perceive it through the five subtle-senses, the subtle-mind and the subtle-intellect. For example, in the absence of any physical stimulus, a person can perceive a subtle fragrance through his subtle-sense of smell.

People who receive knowledge through their subtle-mind and subtle-intellect generally receive it in the following ways :

- As answers to questions specifically asked by them to subtle-entities. They do so with their sixth sense through their subtle-mind and subtle-intellect. Subtle-knowledge can also be received by letting a subtle-entity use one's hand to write its message (also known as automatic writing). However, the intention of these subtle-entities can be negative or positive.
- Automatically due to their ability to tap into the Universal Mind and Intellect

Just as living being in God's Creation (such as humans, animals, etc.) have a mind and intellect of their own, so does God's Creation - the Universe has a Universal Mind and Intellect which contains Absolute knowledge of all things in the Universe. It can be viewed as God's Mind and Intellect. As one progresses spiritually, the subtle-mind and subtle-intellect merge with the Universal Mind and Intellect, and hence, one can access information about all of Creation.

### **Spiritual level**

The Maharshi University of Spirituality uses a scale between 1 and 100% to describe the spiritual level of anything. 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 God. The spiritual level of an average person in the current Era of Kaliyug is 20%. When a person attains the spiritual level of 70% or above, he or she is known as a Saint or Guru and is considered a true spiritual guide. Gurus who are above the spiritual level of 90% (Paratpar Gurus) have highly advanced sixth sense and can completely access the Universal 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.

The spiritual level of a person can only be determined by a person who has a sixth sense of a very advanced level. Spiritual level increases only with spiritual practice.

### **Negative energies**

Positive as well as negative energies are always active in the spiritual dimension. Positive energies assist people on Earth in performing virtuous tasks and negative energies cause various forms of distress. There are many examples in the *Vedas* and *Puranas* about demons creating obstacles in the *Yadnyas* (Sacrificial fires) of Sages and Seers in the ancient times. In many verses from the Atharvaveda, *mantras* have been given to defend people from demons, evil spirits (*pishach*), etc.

Negative energies are entities from the spiritual dimension that affect or possess human beings on Earth for various reasons. Negative energies are attracted to those individuals who have a high proportion of spiritually impure vibrations, personality defects and high ego. This is because negative energies use such characteristics of a person to affect/possess them to fulfil their desires. Demonic possession is when a negative entity controls the mind (emotions or thoughts) and intellect (decision making ability) of a person.

## Types of authors and readers

It is common knowledge that any author who writes a book about a subject should ideally be an authority on that subject. Only then will that book be of value to a reader. For example, a person who is an expert only in Physics should not plan to write on an unrelated subject like Medicine. In the field of Spirituality, the people who are the authorities are Saints and Gurus and only they should be writing books on Spirituality and the spiritual dimension.

In modern science, there are various methods to verify the information contained in a book and hence, the credibility of the Author. However, in the field Spirituality, as it is a subtle science, the main tool used for verification of knowledge is sixth sense, which needs to be of a highly advanced level. Unfortunately, due to the lack of sixth sense ability to verify information in spiritual books, very often people with some writing skills and an opinion feel they have the authority to express their views on Spirituality and the spiritual dimension. These people are not Guru's or authorities in the field of Spirituality and the fact that they are writing such books is incorrect.

An example of this incorrect practice is a popular book website 'Goodreads' that recently published a list of the '100 Best Spiritual Books of the Century' (Zaleski, 2017). When scanning through the list only three of the Authors of these books are Saints, which is a mere 3% of the Authors on this list.

It is the spiritual research team's experience that authors who write on subjects related to Spirituality generally fall under 3 main categories.

1. **An authentic Spiritual Guide or a Guru:** Such a person is an authority in the field of Spirituality and hence, a book written by Him or Her will benefit society and lead seekers to God-realisation. The higher the spiritual level of the Author, the closer the information provided in the book will be to the Absolute Truth.
2. **A fake spiritual guide:** Such a person may be of a higher spiritual level compared to an average person, but is not at the spiritual level of a Saint. He may have a deeper intuitive understanding of Spirituality due to his spiritual level however, this understanding



could be wrong. Very often, such guides develop ego and pride about their knowledge which is highly detrimental for their spiritual growth. Such authors may have some subtle ability because of spiritual practice undertaken in pervious births. However, the entities that they communicate with from the spiritual dimension are mostly negative. In fact, there is a high likelihood of negative energies from the spiritual dimension targeting such fake spiritual guides by possessing them in order to misguide society and seekers.

3. **An average person interested in Spirituality:** Such a person may be interested in Spirituality and may have had some spiritual experiences. However, he is in no way qualified to write a book on Spirituality. If he has some subtle ability, negative energies can use this subtle ability to impart incorrect spiritual knowledge through him.

From the point of view of readers, there are three categories of readers in relation to spiritual books.

1. **A seeker:** Such a person is genuinely interested in Spirituality and makes regular efforts for spiritual progress. However, he may not have the ability to correctly decide the best book to read to guide him in his spiritual journey.
2. **A person who is curious:** Such a person has a curiosity about the spiritual dimension, but may not want to make real efforts for spiritual growth or to dedicate his life to Spirituality like a seeker does. However, if he receives proper guidance, he may develop the potential to progress spiritually. This subset of the population is more likely to be taken in by the writings of a person who is not a Saint as the writings appeal to them at a psychological level.
3. **An average person:** Such a person who is educated in modern sciences may even be sceptical about spiritual books. As authors of spiritual books, fake spiritual guides and average people create so many conflicting viewpoints about Spirituality that they actually do a disservice to this field. Sceptics and rationalists comment upon and use such inconsistencies to denigrate Spirituality. This reduces society's faith in Spirituality.

There is an old adage which says, "Do not judge a book by its cover." However, for most people a catchy title, a nice book rating by fellow readers and a nice design on a spiritual book cover from a well-known Author might just be the only criterion that pushes them to make a decision to read a spiritual book which becomes instrumental in shaping their spiritual education. These readers are likely to include unsuspecting seekers who have less ability to discern whether or not a book is appropriate for their spiritual progress. Also, it is important to note that a good review of a spiritual book by average readers or the fact that

it features on a bestseller list, is absolutely no indication of the proportion of the Absolute Spiritual Truth in the book.

For those who inadvertently put their faith in a book written by a fake spiritual guide or an average author have a high chance of being led astray in their spiritual practice and spiritual journey. This can lead to years of spiritual practice being wasted and the seeker finally dropping out of his spiritual quest.

## **Comparative study of authors**

The Maharshi University of Spirituality undertook research to demonstrate the effect of the spiritual level and spiritual state of an author on his literary works. This research also studied the impact a spiritual book has on the reader depending on which type of author writes the book.

Three books were chosen for the research experiments, each one written by a different author.

- **Book 1:** This book was written by a person who has proclaimed himself to be a spiritual guide. He enjoys a large following for his books and has been on the 'New York Times Best Seller list'.
- **Book 2:** This book was written by an author who also enjoys a large following for his books and has been on the 'New York Times Best Seller list'. He does not proclaim to be a spiritual guide.
- **Book 3 :** This book has been compiled by a Guru (of a higher spiritual level) in India

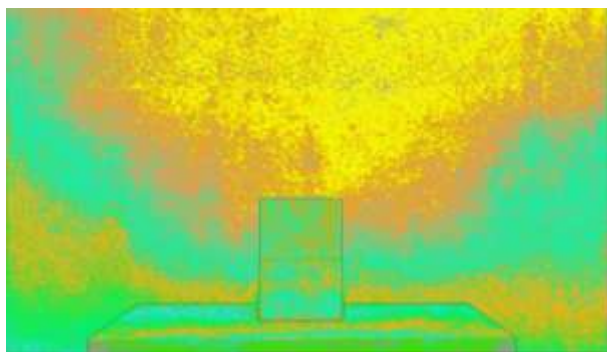
## **Study of the subtle vibrations of each book using Polycontrast Interference**

### **Photography (PIP)**

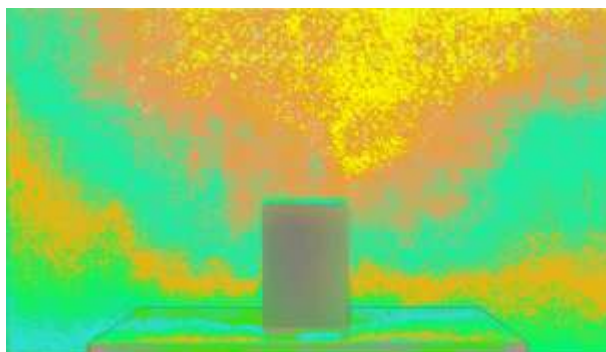
Using Polycontrast Interference Photography (PIP), the spiritual research team set out to test if there is any difference in the subtle vibrations emitted by the 3 books. Polycontrast Interference Photography (PIP) is an energy field video imaging process. This technology reveals patterns of light that are not visible to the naked eye and are displayed on a computer monitor in the form of colours. Positive and negative vibrations in the environment are denoted by certain colours that have been calibrated into the machine. Positive colours imply spiritual vibrations that have spiritual purity, while negative colours imply spiritual impurity.

In this experiment, the three books were compared using PIP technology. A baseline reading of the empty room along with the table and bookstand was initially taken. Thereafter 3 books were placed on the table one by one and their subtle vibrations were

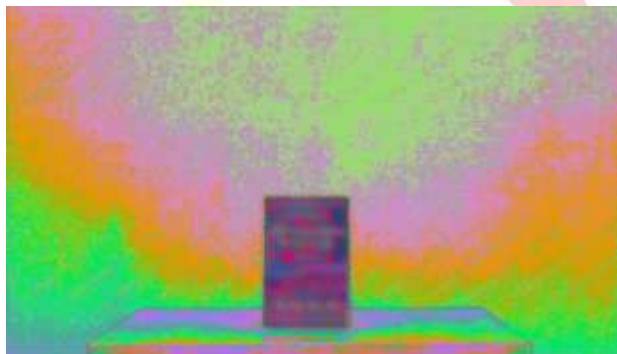
analysed by the PIP technology. The images produced by the PIP technology are displayed below and one can observe how the proportion of colours in each PIP image change significantly with each book.(Please note : The book covers have been blurred to hide their identity.)



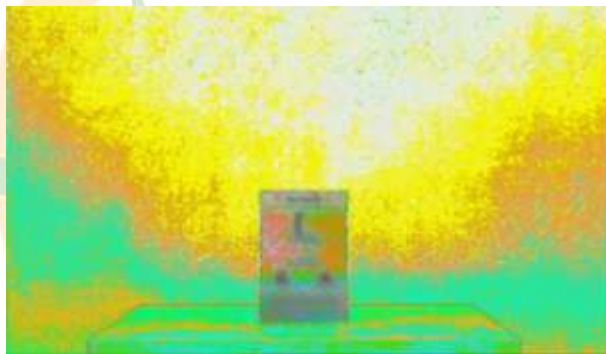
1. Baseline reading



2. Book by a self-proclaimed spiritual guide



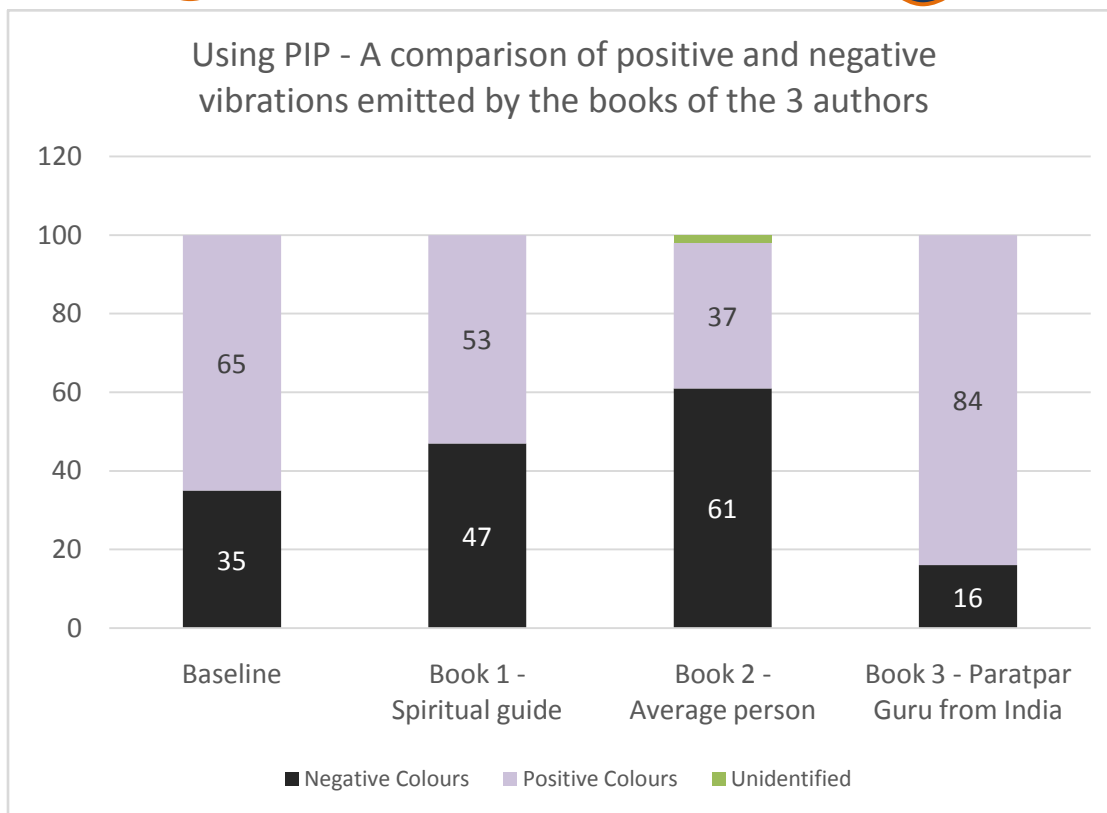
3. Book by an average person



4. Book by a Guru

The total area of positive versus negative colours from the PIP picture of each book was measured and compared. The 'stacked column chart' below shows the proportion of positive and negative vibrations seen in each book's PIP picture.





Of the 3 books, the PIP pictures showed that :

- Book 2(written by the average person)displayed the highest proportion of colours that indicated negative vibrations.
- Book 1 (written by a self-proclaimed spiritual guide) also increased the negativity in the environment as compared with the baseline reading.
- Book 3 (written by a Guru from India) displayed the highest proportion of positive vibrations.

### Study of the subtle-effects of each book on the reader

To compare the subtle-effects of each book on readers, the spiritual research team at the University used the Universal Thermo Scanner (UTS). The Universal Thermo Scanner (UTS) is an instrument developed by Dr Mannem Murthy (a former nuclear scientist) and is used to measure the subtle energy (positive and negative) and the aura around any object (living or non-living).

**Setup of the experiment**

Two seekers took part in the experiment. Both have been doing spiritual practice for many years. One has been afflicted by spiritual distress due to negative energies, while the other is not. They were asked to read the three books one by one in the same order. They read each book for 20 minutes. Using the UTS, readings were taken of each seeker before and after each reading to study the effect on their subtle energy. After reading each book, they took a 15-minute break. A break was given so as to allow the subjects readings to come back to their baselinestate after reading each book.

**Observations**

The following table provides the key observations from the experiment using the UTS and shows the impact of each book on the two types of seekers.

Please note :Aura length is provided in metres (m). Also when mentioning the increase / reduction in reading by a percentage, it means that the reading has increased / reduced from the baseline by that percentage.

Book (Reading time 20 minutes)	Effect on seeker with spiritual distress	Effect on seeker with no spiritual distress
<b>Book 1</b> <b>Spiritual Guide</b>	<ul style="list-style-type: none"> <li>Developed a negative aura which expanded outto 0.74m</li> <li>Total measured <i>aura</i> reduced by 20% to 1.5m</li> </ul>	<ul style="list-style-type: none"> <li>Started to develop a negative aura</li> <li>Total measured aura reduced by 20% to 1.5m</li> </ul>
<b>Book 2</b> <b>Average person (Not a spiritual guide)</b>	<ul style="list-style-type: none"> <li>Negativity remained same</li> <li>Total measured aura increased by 17% to 1.75m</li> </ul>	<ul style="list-style-type: none"> <li>Negativity increased</li> <li>Total measured aura increased by 4% to 1.7m</li> </ul>
<b>Book 3</b> <b>A Paratpar Guru from India</b>	<ul style="list-style-type: none"> <li>Negativity eliminated</li> <li>Signs of positive aura developing</li> <li>Total measured aura increased 32% to 2.24m</li> </ul>	<ul style="list-style-type: none"> <li>No negativity</li> <li>Positive aura generated from 0m to 0.9m</li> <li>Total measured aura increased 28% to 2.21m</li> </ul>

These readings from the UTS showed that the Book 1 written by the so-called spiritual guide in fact had the most detrimental effect on the readers' subtle energy and aura. The subtle impact of Book 2 written by the author who was not a spiritual guide has a less negative effect. Book 3 written by the Guru had the most positive effect eliminating the negativity in the seeker with distress and started to generate a positive aura in the same person. The seeker who was not afflicted by any spiritual distress developed a positive aura after reading the book compiled by the Guru.

### Knowledge gained about the books and their authors solely through sixth sense

The following table compares the 3 authors and the process of their receiving knowledge. This knowledge has been obtained through sixth sense of a highly advanced level of a seeker, which is the primary method of obtaining knowledge about the spiritual dimension.

Aspect	Book 1	Book 2	Book 3
1. Spiritual view of the Author	A fake spiritual guide	An average person	A Guru
2. Spiritual level	50%	30%	>90%
3. Spiritual state	Possessed by higher level negative energy	Possessed by lower level negative energy	Highly positive
4. Source of knowledge	Higher level negative energy	Lower level negative energy	Universal mind and intellect
5. Impact of the book	Misguiding society on Spirituality	Misguiding society on Spirituality	Uplifting society through Spirituality

Authors of Book 1 and 2 may not be aware that they are possessed or that the source of their knowledge is negative energies. This is because of a lack of spiritual practice and a lack of sixth sense ability. This is the case with most authors who write about Spirituality and who are not at the spiritual level of a Saint.

## Subtle-drawings



Figure 1: Ms Priyanka Lotlikar, a seeker who is a subtle-drawing artist accessing subtle knowledge in a visual format

At the Spiritual Research Centre and Ashram in Goa, India extensive research into the spiritual dimension is conducted using highly advanced sixth sense. The subtle knowledge received goes through rigorous scrutiny. One medium of receiving Divine knowledge is by a visual format. Such seekers are able to perceive visually what is taking place during an experiment or situation in the subtle and draw what they see and feel. These drawings are akin to spiritual X-rays and provide the average person with an unparalleled visual view into the spiritual dimension.

In the following pictures, the subtle-drawing artist Ms Priyanka Lotlikar through her advanced sixth sense of vision perceives the process of receiving knowledge for the 3 Authors. She also draws the vibrations emitted from each book written by the 3 authors. Due to negative or positive vibrations emitted by the book, the reader gets affected negatively or positively respectively.

### **Subtle-drawing of a fake Saint or fake spiritual guide**

The fake Saint in the picture below refers to a fake spiritual guide like the author of Book 1. (The illustration of the fake Saint in no way resembles the author of Book 1.)



**Subtle-effects observed when fake Saints are writing texts**

(To understand the subtle-process, read the points sequentially- 1, 2, 2A, 3, 3A, 3B, 3C)

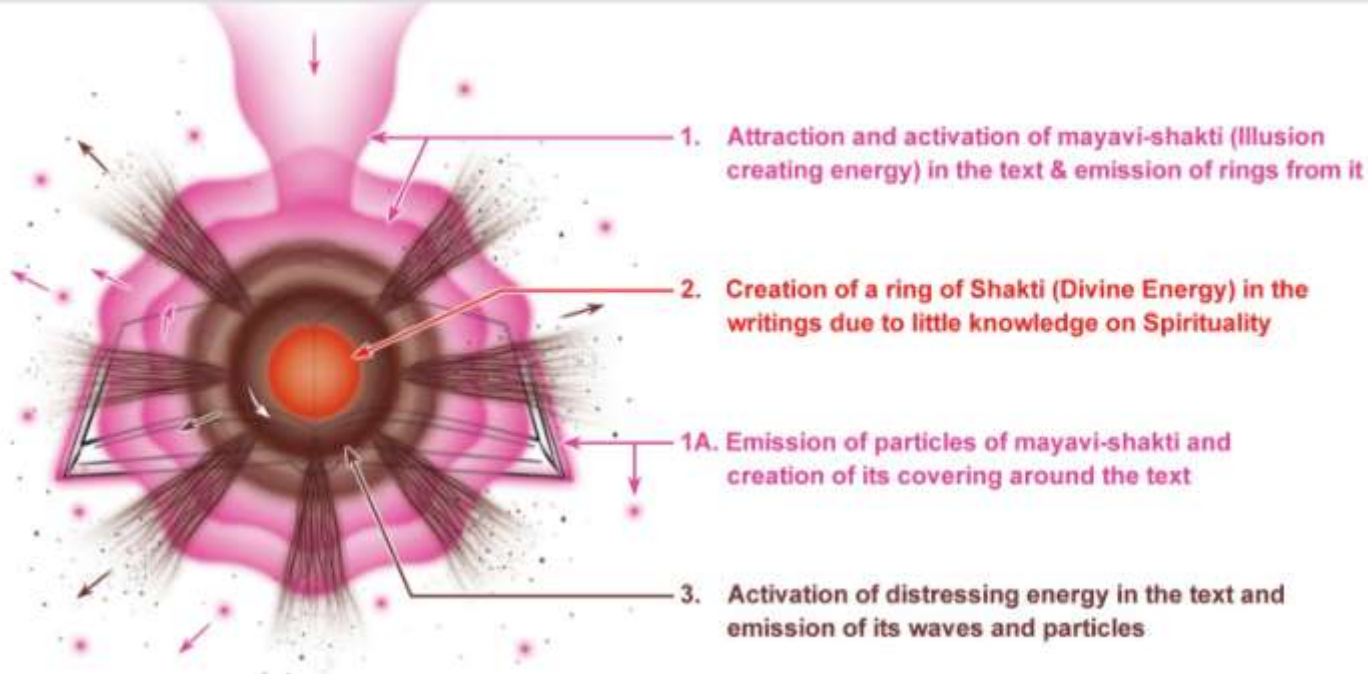


Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

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**Subtle-effects of the text written by the fake Saints**

(To understand the subtle-process, read the points sequentially 1, 1A, 2, 3)



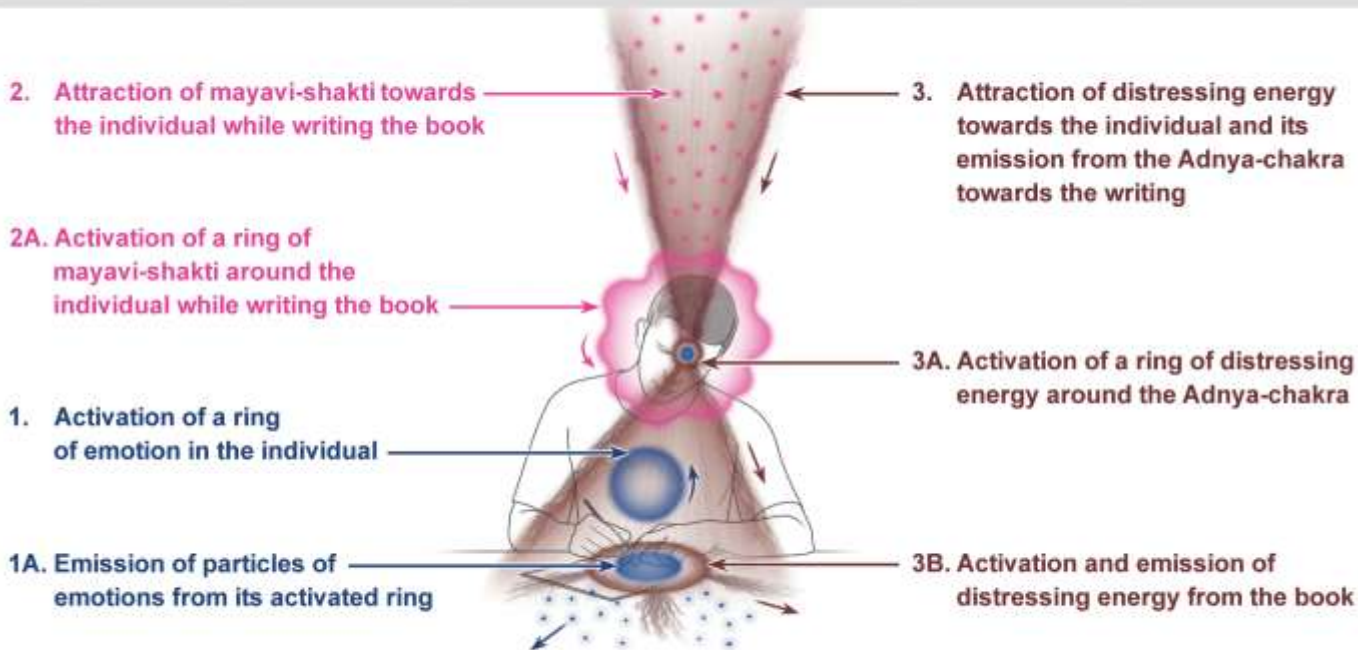
Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

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Subtle-drawings related to an average person writing a book on Spirituality

Subtle-effects observed when a common individual is writing a book

(To understand the subtle-process, read the points sequentially - 1, 1A, 2, 2A, 3, 3A, 3B)



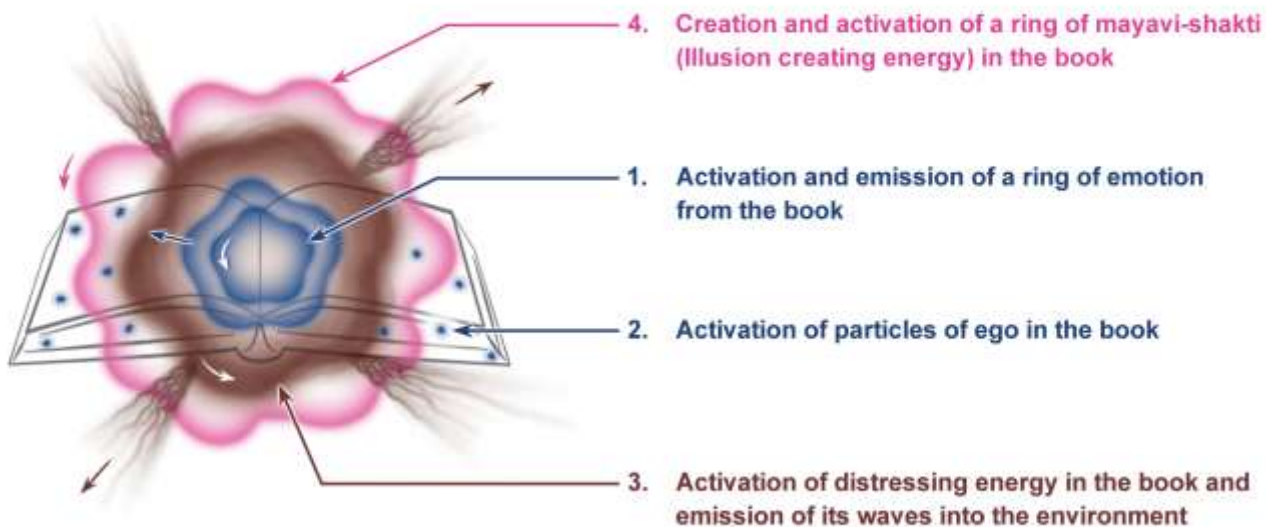
Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

Please note the following meanings of words used in the above subtle picture :

1. Adnya-chakra : Sixth subtle centre or *chakra* in the spiritual energy system; located in the mid-brow region in the subtle-body.
2. Mayavi-shakti : Illusion creating energy

**Subtle-effects of the book written by a common individual**

(To understand the subtle-process, read the points sequentially - 1, 2, 3, 4)



Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

Subtle-drawing of a Guru

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**Subtle process taking place when a Guru of a higher spiritual level is writing Holy texts**

(To understand the subtle-process, read the points sequentially - 1, 1A, 2, 2A, 2B, 3, 3A, 3B, 4)



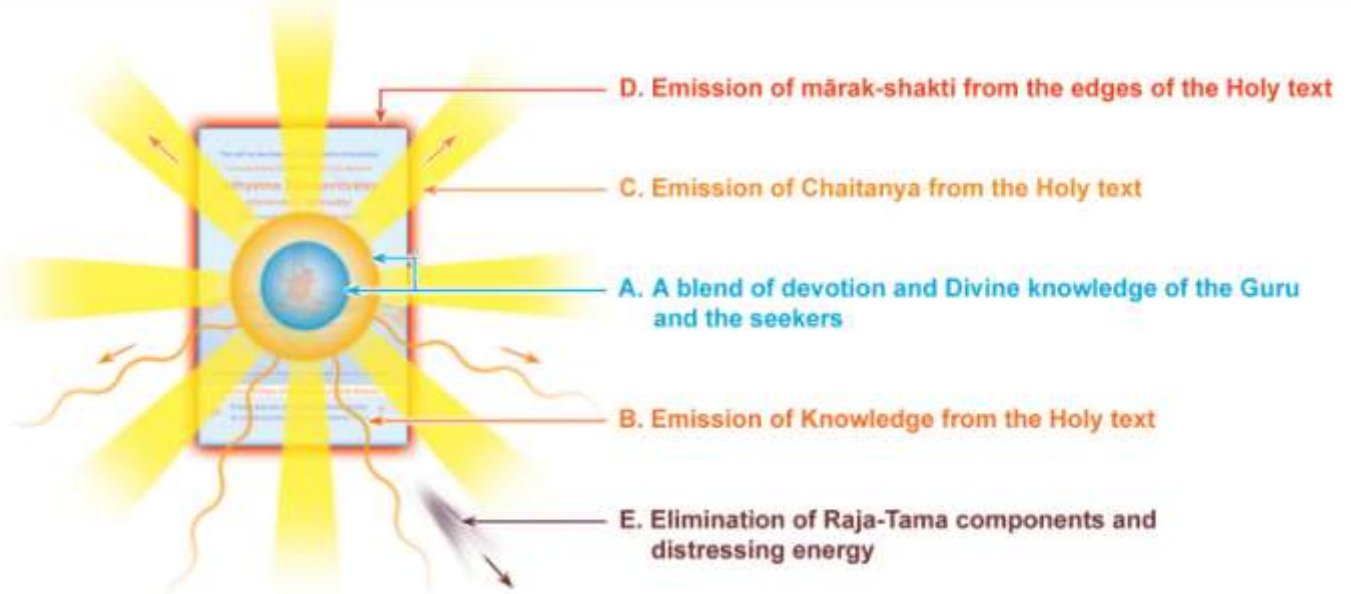
Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

Please note the following meanings of words used in the above subtle picture :

1. Sahasraar-chakra : Notional opening situated at the crown of the head, which leads to realisation of God
2. Anahat-chakra : The fourth centre in the spiritual energy flow system, located in the region of the heart in the subtle-body.
3. Shakti : Divine energy

**Subtle-characteristics of the Holy text 'Adhyatma Vishwavidyalay'**

(To understand the subtle-effects, read the points sequentially - A, B, C, D, E)



Picture drawn by Ms Priyanka Lotlikar, Maharshi Adhyatma Vishwavidyalay, Goa

Please note the following meanings of words used in the above subtle picture :

1. Raja : One of the three subtle basic components in the universe, denoted by activity, passion.
2. Tama : One of the three subtle basic components in the universe, denoted by inertia and ignorance

**What can influence an author of a spiritual book?**

There are a few things that can influence one's ability to sense the subtle. This includes factors related to the author and obstacles from the spiritual dimension, which are given below.

- The extent of one's sixth sense ability to access the Universal Mind and Intellect.
- The higher one's spiritual level, the more advanced is the ability to discern the source of the subtle knowledge. Only Saints of a higher spiritual level can accurately access knowledge from the Universal Mind and Intellect.
- Negative energies from the spiritual dimension make every effort to influence the subtle knowledge being received. They do so with the intention of misguiding people

who are trying to access subtle knowledge. Consequently, when the knowledge is made public, they mislead society as this knowledge is erroneous.

- Negative energies also display illusory (Mayavi) and enticing (Mohini) forms to fool authors with regards to the source of knowledge. For example, higher level negative energies may disguise themselves as pious subtle energies and fool an author with limited sixth sense ability into thinking that he is actually receiving knowledge from a positive entity, Sage, Deity or even God.

## Conclusion

In today's world, where so much of importance is given to people who are authorities in their field, Spirituality is an exception. Unlike other fields, any person who wants to write about Spirituality can do so. Very often a person who has an average spiritual level can find himself on the top of a spiritual best seller list due to the popularity of the book he has authored, thus making him a celebrity and by default an authority in Spirituality. Unlike books related to modern science where the information in a book is subject to considerable scrutiny and peer reviews by experts in that field, in Spirituality it is not so. Nowadays, any type of information is allowed by publishers in a spiritual book without scrutiny, thus blurring the line between what is fiction and what is supposed to be spiritual science. This in turn baffles the genuine seeker to separate the proverbial wheat from the chaff when it comes to the subject of Spirituality.

Experiments conducted by the Maharshi University of Spirituality using aura and energy scanners have clearly shown that there is a difference in the vibrations emitted from books and the impact that they have on the reader. Through advanced sixth sense, the University has elaborated upon the actual process that takes place in the subtle when a fake spiritual guide writes a book and the detrimental effects of the book.

The responsibility and onus on publishers only publishing books by authorities in the field of Spirituality is actually more than that of books related to modern science. This is because when it comes to the subject of Spirituality one is dealing not only with the physical world but the spiritual dimension too. Books written by fake spiritual guides and average people in the field of Spirituality become easy targets and conduits for negative energies to spread misinformation in society. This in turn, negatively impacts peoples' understanding of life and creates a value system/culture that is not based on timeless universal spiritual principles. One of the reasons for the downward spiral that we see in today's world, is due to true spiritual knowledge being obscured by some erroneous spiritual information circulated by various authors who lack any spiritual authority.

Regular spiritual practice according to universal spiritual principles under the guidance of a Saint is the only way out of this worldwide predicament. By practising Spirituality, one is able to accurately perceive the type of subtle vibrations from a book (negative or positive) and hence, not be fooled by fake spiritual guides.

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