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Abundance

When surrounded by challenges, sometimes we all need a little extra nurturing, and that gentleness can come from loved ones; or just to experience a life of abundance focus on what you have, rather than on what you feel is missing in your life. Count the good things, the riches in your life and give thanks for them. This begins to create a feeling of abundance.

Positive Material

Just as you would nourish the body with a healthy breakfast, in the same way, start your day on the right foot by feeding the mind with positive material. Prior to starting your work day, either on your morning commute, or as soon as you walk into the office - take a few moments to read or listen to uplifting, encouraging, and mind-stretching information, words, music or podcast.

A Spiritual Perspective Of Near Death Experiences (Part 1)

Introduction

A very interesting phenomenon that closely points not only to the existence of the **soul** and **Supreme Soul** but also to their form and qualities is the phenomenon of **Near Death Experience (NDE)** and **Out Of Body Experience (OBE)**.

What Is A Near Death Experience (NDE)?

A near-death experience (NDE) is the experience reported by a person who nearly died or who was medically dead and then revived or in a situation where death is likely or expected. Some of the common circumstances in which an NDE can occur are:

- * serious illness such as cardiac arrest or brain hemorrhage;
- * complications before an operation;
- * injury, such as from a car accident, shock, electrocution, asphyxia (condition which results from interruption of respiration due to suffocation or drowning);
- * suicide attempt;
- * coma;
- * serious depression, etc.

The most important feature of an NDE is that the person's consciousness is not in his or her physical body. It might function independently of brain activity, which suggests the existence of the soul. The physical body is usually stationary, while the consciousness of the person experiences an extraordinary freedom of movement, completely independent of the physical body.

(To be continued tomorrow ...)

Soul Sustenance

Motivation – The Life Driving Force (Part 4)

When surrounded by challenges, sometimes we all need a little extra nurturing, and that gentleness can come from loved ones, or just from ourselves. Also, enjoying watching television, enjoying the hot chocolate and the coffee, enjoying the cold drink and the ice cream, enjoying the brisk walk and the gym, enjoying the picnic and the party, enjoying the holiday - these are all things that help us replenish our energy and remain motivated to some extent when we've had a rough day. **But remember that to remain constantly motivated you need to also take a look at the non-physical dimension of thoughts and feelings.** Physical treatments, therapies and relaxation strategies will help you but they cannot change the way you think. Your thinking is the cause. And behind your thoughts, your beliefs are a deeper cause. **We need to pay much more attention to our thoughts and feelings, learn to manage them, learn to fill them with peace and calm, and then our personality will change for the better, as we restore our mental and then physical well-being and learn to remain motivated and fearless amidst challenges.** Remember no one else creates our thoughts and feelings, and they don't just happen, though it feels that way sometimes. When you learn to identify and assess the quality of your thoughts and feelings, you can begin to choose the ones you know are positive and that in turn keeps you motivated.

Also, remember there's virtually always something positive that can be found in the challenges we face. Bear in mind that the period of challenge is short and you will soon overcome the challenge. On a lighter note, spend a little time each day thinking of all the things you are looking forward to doing once you are free from these exams that life has to offer - though don't daydream for hours about this! Also, when you long for life without difficulties and challenges and you want to keep yourself motivated when faced with them, remind yourself that oaks grow strong in contrary winds and diamonds are made under pressure. Challenges are not here to stay and while they are there, they bring about self empowerment.

Message for the day

To be seated on the seat of self-respect is to be truly great.

Expression: The one who is constantly in the stage of self-respect is constantly stable. And because of this stability he always has the right authority. This brings about right decisions too and he moves forward with ease facing all situations.

Experience: When I am aware of my own specialities and work with them I inspire others too to recognise my positive qualities. I also never have ego but am able to remain humble. This humility enables me to win the respect of others too.

In Spiritual Service,
Brahma Kumaris