



Lotus: Artist : Duong Quoc Dinh

## Lotus Life

The lotus is a symbol of purity. With roots in the mud, the flower remains above the dirty water. Live a lotus life. Be in the world, but unaffected by any negativity.

## A Diamond

The sparkle of a true diamond reveals itself. Whenever we make a positive contribution, we expect those around us to recognize and appreciate it. But there are occasions where we do not receive such recognition and we then feel disheartened which in turn doesn't let us give our best in all we do. Whenever we find ourselves expecting people to appreciate us, we need to remind ourselves that the diamond doesn't need to speak about its own sparkle but is recognized because of its speciality. We, too, need to discover our own speciality and work with it.

## A Spiritual Perspective Of Near Death Experiences (Part 7)

### Conclusion

The experience shared in Saturday's message in which we feel the Supreme Being's love in the soul world is a very powerful and overwhelming one.

**The soul doesn't actually leave the body. It is only a visualization exercise, a journey through levels of consciousness; we simple change our consciousness from one of the physical world to one of the non-physical or soul world.**

On the physical level, the memory of our physical home and our childhood experiences in this birth is always within our sub conscious mind right till the end of our lifetime. Sometimes we go back to see the place where we were brought up and played as children. We re-experience the special feelings and important moments. On the spiritual level, the call of our spiritual home and our original state of consciousness is always there in our sub conscious mind in every birth. For every soul in the world there is a spiritual home (where the soul stayed before it came on the earth) and a spiritual Father that calls us to return. For every soul in the world there was a spiritual childhood in the company of the Supreme Father in the soul world - filled with joy, purity, love and bliss. It is a place of pure peace and contentment, a dimension beyond time and space. It is a journey of no distance and it takes only one second to experience it through the medium of meditation!

## Soul Sustenance

### Practical Positive Response Training To The Mind (Part 3)

In last two days' messages, we have explained the process of restoring positivity in the mind when faced with a negative situation, where the most common response is a negative one but the mind can be trained to respond in a different way, in a positive way. **Today we explain this process with an example.**

e.g. You have just had a major argument with your spouse and have lost your temper. At that time, not only your mind but your physical body also feels uncomfortable - it is in a state of complete stress. You feel your blood pressure has suddenly shot up, your heart is beating fast, you feel uncomfortable in the stomach, your hands are shaking, your face and eyes are red. On top of that, you also feel sad. You have behaved like this many times before and you know the results of responding in this way. The relationship has been scarred and you have worsened a situation. This could have been avoided. There is sorrow, guilt, low self esteem and hopelessness over your loss of control. Also, there is a fear regarding your future, not necessarily a long term one, because things will get sorted out sooner or later, but a short term uncertainty does exist, especially regarding what your spouse's response will be in the next few hours or days. In this state of mental and physical helplessness or desperation, anger may come again either projected towards yourself or towards your partner, which will be followed by the same effects, worsening your state further. In this moment of lack of spiritual wisdom, you remind yourself of the simple wisdom that you are in fact a soul. **Even while you are still caught up in the turmoil of the negative situation, using your intellect, you consciously emerge inside yourself, your true awareness of being a sparkling point of peaceful light situated just above the eyes, at the center of the forehead. You not only become aware but you also use the intellect to visualize your true, peaceful, spiritual and star-like form clearly.** In that moment, you are able to tap into the reservoir of peace that is present deep inside your being. You calm your mind by holding on to this awareness for a few minutes. You feel - you know - that you are peace. As this experience grows, it has a soothing effect on your whole physical system. Gradually, stability and peace are restored to your body as well as your mind.

## Message for the day

### Words filled with good wishes bring change in others.

**Expression:** When there are good wishes combined with the words that I speak, there is love. Whatever is spoken with love has its effect on others. Such words are free from all kind of negativity, so they naturally have a lot of power. Only such powerful words can bring about a change in others.

**Experience:** When I speak with love and good wishes, I find that I am light, knowing that I have no selfishness in whatever I have said. The others too are able to immediately correct themselves. This also enables me to gain good wishes for having taken them a step forward.

In Spiritual Service,  
Brahma Kumaris