



## **Don't Get Mad**

Why do we get mad? Could it be because we're not getting what we want? Or maybe it's because someone is not doing or being as we want them to do or be. If that's the case, then we're trying to achieve the impossible, that is control someone. Why not let go and let be.

## A Spiritual Perspective Of Near Death Experiences (Part 2)

### **The Existence Of The Soul**

During a Near Death Experience (NDE), the dying often have an **Out of Body Experience (OBE)**, in which there is a sensation of rising up and floating above their own body while the body is surrounded by a medical team, and watching it down below, while feeling comfortable. While people are dying, they may be in intense pain, but as soon as they have this experience i.e. they experience leaving the body, the pain goes away and they experience peace, joy, bliss and a feeling of complete wellbeing.

Doctors who have been conducting research on NDE over the past few decades have in their studies noted that in the Out of Body Experience (OBE) state, many who have 'physically' died can, **on revival**, tell the doctors, nurses, operation room team and relatives **exactly what they were saying or doing during the revival process from apparent death or from unconsciousness** - both conditions in which a person is not physically active enough to see or hear what is going on around them. Many actually hear the doctors announcing them dead.

Many of the patients who have been revived are able to describe in great technical detail exactly what went on in the operating room while they were supposedly unconscious or dead.

e.g. A 44-year old patient, while in a deep coma, later told the doctor that a particular nurse had placed his dentures on the side. The patient accurately described the revival room, those in the room, as well as describing the attitude in the room that everyone was close to giving up on revival efforts.

**All this suggests the existence of the consciousness (soul) as a non-physical energy independent of the physical body - in the Out of Body Experience, the consciousness is active and can hear and see, while the physical body is inactive or unconscious or in a coma or apparently dead (as perceived by the medical team).**

(To be continued tomorrow ...)

## Soul Sustenance

### Realizing Our Natural Nature Of Peace

If we look at nature, we will notice that everything in nature – plants, flowers, etc. do everything they do peacefully – they grow, flourish, decompose and die in peace. We get an obvious impression from them that peace is their natural nature. Even the five elements – earth, wind, water, fire and sky are mostly peaceful by nature. It's only when we try and exercise control over them and interfere with their balance that they lose their peace. **Most of us, irrespective of our age, even in these stressful and hurry filled times, act peacefully and express our peaceful nature in relationships by means of peaceful thoughts, words and actions, unless something is wrong in the relationship.** We instinctively like peaceful relationships. If something is wrong in a relationship and it lacks peace even to a small extent, we do not feel good or comfortable about it. All this proves to us that **we, like nature, are essentially peaceful by nature.** That is our basic personality.

Most of us have, at some time in our lives and even more frequently in the case of many of us, experienced and expressed our peaceful nature. It's so natural, we are not even consciously aware of it. What we are more aware of is when we are distanced from the natural i.e. we are unnatural - worried, scared, irritated etc. But these unnatural phases always pass and we finally return to our peaceful self. There are some people who are permanently grumpy and tight with someone or the other, because of something or the other. On some days we also feel as if we are continuously living on the edge and continuously succumbing to frustration and anger. But even then, **away from everyone's eyes; everyone, the compulsive angerholic (one who cannot live without anger) and you also, will, at some stage, look inwards, relax and have an inner personal spiritual retreat in which they will find relief by experiencing their true nature of peace.**

## Message for the day

### Success is achieved through accurate efforts.

**Expression:** The one who puts in accurate efforts for the success of every task, naturally tries to do the best. Because of his own contribution, others too help him and contribute whatever they can to achieve what he sets out to do. So there is success in everything.

**Experience:** When I do the right thing, I will be able to experience constant self-progress. I will then never have the slightest feeling of failing, but will always experience success as a right, even if the result is not what I have expected. I experience positive feelings because of having put in the right effort.

### The biggest service is to give hope to the hopeless.

The one who gives hope is the one who does the greatest service. When someone is negative and weak, instead of pointing out and making him weaker, it is important to give him some hope so that he can overcome that situation or weakness. Today I will check my words. I will see if I am being positive and encouraging or not. I will also make sure I speak words that give hope to at least one person. This will help me inculcate a habit of speaking positive encouraging words.

In Spiritual Service,  
Brahma Kumaris