



Learn a Lesson

Instead of being afraid of situations, consider them to be your teacher and learn a lesson from them.

A Spiritual Perspective Of Near Death Experiences (Part 4) **The Existence Of The Supreme Soul**

Near Death Experiencers identify the being of light which they encounter or meet in various different ways depending upon their religious and cultural background and existing beliefs of this life. They normally say that they did not hear any physical voice or sounds coming from it, nor did they respond to the light through sounds, but there was a direct, uninterrupted transfer of thoughts and emotions in such a clear way that there is no possibility whatsoever of misinterpreting what the light has to communicate to them. This uninterrupted exchange does not even take place in the native language of the NDEr, yet, he understands perfectly. He cannot even translate the thoughts and exchanges which took place while he was near death into the human language, once he returns from the experience.

The Being of Light, as if an all knowledgeable entity, makes a presentation of sorts in front of the dying, in which a complete review of everything they have ever done in this life is projected. Interestingly, some of the common thoughts that the light (being) directs to the person are:

* Are you ready to die? * What have you done with your life that is sufficient enough? * Is it worth it? and * What have you done with your life to put across to me?

A very important point to note though is that all NDErs insist that these questions, though emotionally very strong, are not at all asked as if to accuse or threaten or criticize the dying. On the other hand, no matter what their answer may be, they feel an extraordinary acceptance coming from the light, which they have never experienced in any human relationship. The light, rather than being a 'checker' (or having a strict personality) shows an all loving personality, which is highly overwhelming. The light sometimes tells the person that they must return to life. Sometimes, they are given a choice of staying or returning. In either case, the NDErs as taken over as they are by this experience are not willing to return. Some people who do not believe in the existence of God actually come back from this saying very strongly that although prior to this they had no religious or spiritual beliefs, now they believe that there's a God, and there's a life after death.

The above experiences strongly suggest the existence of a Supreme Being or Supreme Soul or God and points to the form of this Supreme Energy as being a spiritual point of light with qualities like unlimited peace, love, bliss and power.

(To be continued tomorrow ...)

Soul Sustenance

Carrying Forward Of Special Talents

Everything that an individual does i.e. a soul does using the medium of the physical body is registered in the soul as a *sanskara*. *Sanskaras*, therefore, are the foundation of our present personalities and all our special talents and inclinations. There have been many famous personalities including artists, musicians, engineers, sportsmen, etc. who, before attaining phenomenal success in their respective fields, displayed amazing talents related to their respective field at a very young age. When and where could they have mastered these talents so well? It's obvious that **amazing masteries at a very young age are not inherited from our parents. These talents have been developed and brought into practice in previous births, as a result of which *sanskaras* of the talents are created inside the soul. These *sanskaras* are then carried into the next births, and are brought into actions in the new births.**

A more common day-to-day example is the following: A child is born into a family of doctors where, from the beginning, all efforts are made to mould and prepare him to become a doctor, according to family tradition. However, from an early age, the child shows strong tendencies to become an actor, starts to take part extensively in theatre activities at school and the talent starts manifesting itself. This example demonstrates that the characteristics a soul carries from previous experiences of previous births will take it in a specific direction despite attempts made by the family on the contrary. So in short, **genius is experience. Some think that it's a gift or talent, but it is the fruit of long experience of many lives.** Some are older souls than others i.e. they have been present on the world stage since a longer period of time and have covered a journey of more number of births and so know more. This kind of unlimited, broad vision of life provides us answers to many questions.

Message for the day

True honesty brings clarity about the self.

Expression: Honesty doesn't mean just speaking the truth. Honesty means being clear with oneself. Then it naturally brings clarity about one's own capabilities. This clear understanding enables one to do the best according to the capacity. It gives the recognition of a higher step that can be climbed and brings the humility to learn from the different lessons of life.

Experience: When I am honest I am able to know my own limitations and accept them with love. This acceptance keeps me busy with what I can do and also silently makes me ready for the next step. When time comes, I am able to do it, because I have already prepared myself for it. I don't stop when situations demand more from me because there is total clarity within.

To get a real award, avoid waste and negative.

If there is a long time practice of avoiding negative and waste, I will be able to appreciate fully the gifts of life. This is the reward I get. Also, since I am not sowing wrong seeds, whatever fruits I reap are positive too. Even when life brings different situations, I still am able to receive positive fruits. Today I will check my own thoughts at least 10 times today. I will check the quality of my thoughts. If I catch myself having negative or waste thoughts, I will create one single positive thought like "I am the master of my life" or "I choose my destiny with my actions" or simply "I am happy today".