



Soul Potential

To step into the soul's potential, let go of the past. If you keep thinking about how you were in the past then this will hold you back. By keeping the soul's potential in front of you, then you can reach it.

A Spiritual Perspective Of Near Death Experiences (Part 3)

The Meeting With A Being Of Light

The most incredible common feature in the majority of NDE and OBE experiences, as stated by the ones who go through the experience, is a meeting with a very bright light. This light is normally a highly radiant golden-white light, a powerful spiritual being of light. Usually, the experience involves being drawn into darkness through a tunnel, at an extremely high speed, until reaching this light. This feature, without doubt, has the deepest impact upon the Near Death Experiencer (NDEr).

In the medical research studies conducted, very different kinds of tunnels are described by NDErs. The commonest one is a void, a blackness: a floating, a moving, a going towards the light. The structure of the tunnel, if anything, is minimal. One person had a tunnel in the form of a great big pipe. Other people go through swirling, whirling tunnels, but they themselves do not turn; the tunnel simply turns around them, while they themselves float through it.

This light that all NDErs encounter appears dim at its first appearance, but it rapidly gets brighter until it finally reaches a supernatural brilliance. They normally express in their experiences that it was a being, a very very personal being of light, with a very beautiful and sweet personality of its own. The warmth and love which radiate from this being to the dying person are just unimaginable and very difficult to describe. They feel extremely secure and loved in its presence and experience an uncontrollable magnetic attraction to this light.

It is important to note that this experience of meeting with a bright light is at the consciousness level, which functions outside the physical body in an Out of Body Experience. The physical body in these experiences is unconscious or in a coma or seemingly dead (as perceived by the medical team). The experience is shared by the Near Death Experiencer after regaining consciousness.

(To be continued tomorrow ...)

As we travel towards our destination, it's so easy to get distracted.

Sometimes we become so busy thinking about little things, that we lose focus and stop moving forward. So, when distracting situations arise, remind yourself that they're only sideshows and that they're not important. Instead, keep your destination in focus and you'll get there.

Soul Sustenance

Stress Management

Often when faced with stress at work or at home, we can feel quite drained (mentally tired). Indeed, we may have noticed how certain individuals or particular situations are draining. We feel as if all our energy has been drawn out of us and it leaves us tired and exhausted. Although this sort of energy cannot be measured in the scientific sense, we can use the power of imagery to stop us feeling drained.

E.g. we can visualize that we are surrounded by a sphere of golden light, so any negative feelings or energies cannot affect us. In a detached way, we can view what is happening and can act suitably, but we are not touched by the stress. This method of using your power of visualization to create protective shields around us can be used in stressful situations e.g. before or during an important exam or an important meeting, interview or any other specific situation.

Message for the day

Lightness comes when words are accurate.

Expression: Accurate words means there is nothing extra spoken. Whatever has to be said, is said to the point. Such words being short, are sweet to hear too and are those that never hurt others. They bring about the result needed accurately.

Experience: When my words are to the point, there is a lot of lightness experienced within me and my physical energy is saved too. Others too experience benefit through my words and so I naturally get blessings from them, which helps me move forward with lightness.