



## **Useful Things**

Remember only useful things and there will be no need to even think about forgetting anything painful.

## **A Spiritual Perspective Of Near Death Experiences (Part 6)** **Experiencing The Supreme Soul**

Read over the following words slowly and silently. Using the power of visualization, aim to experience them in your mind:

I focus on myself, a soul, a golden star like point of light.....  
I reside between the eyebrows, in the middle of the forehead.....  
I radiate golden rays of peace, purity and love in all directions.....  
In this awareness of I the soul, with the power of my mind I can travel  
beyond the limits of my physical senses.....  
I visualize myself gradually going beyond this physical body.....  
I, the sparkling star like energy, fly into the night sky.....  
I see myself floating above a vast ocean of buildings and lights.....  
Slowly I rise higher and higher to enter space.....  
I am surrounded by millions of stars and planets.....  
Slowly I see myself flying beyond the physical world of five elements.....  
I, the golden star, full of peace, enter another dimension, a soft golden-red  
light world.....  
A world of sweet silence and peace,.....  
full of peaceful light stretching far far away.....  
I feel pure warmth here, surrounded by light.....  
I the being of light sparkle in this element.....  
I am free of all tensions, extremely light.....  
This is where I belong,  
This is my home.....  
I recognize this place.....  
I had forgotten it, but now I have rediscovered it.....  
In front of me there is a brilliant point of light just like myself.....  
I come closer and closer to this Supreme Being of Light.....  
The Supreme Soul radiates golden rays of the light of unlimited peace in all  
directions.....  
He is an Ocean of peace.....  
I feel the waves of peace passing over me, I absorb the light of sweet  
peace.....  
I bathe under the shower of golden peaceful light.....  
All burdens are being washed away.....  
It is so soothing, calming and relaxing.....  
Spend a few minutes in this positive experience and then gradually come  
downwards to take your seat back in the physical body. (To be continued...)

## Anger

When you're angry with someone, rather than letting your anger expand to everything they've ever done or failed to do, take a moment to look at the bigger picture and NOT just the small details.

Understand it's YOU who is creating the anger, not someone else. So, get clear about why you're feeling angry.

Remind yourself: anger is temporary but the relationship with the person you're angry with is permanent.

Try to break out of anger safely. Curb your anger by taking slow deep breaths - sometimes this is all it takes to 'cool off'.

## Soul Sustenance

### Practical Positive Response Training To The Mind (Part 2)

**If I believe that I am just the physical body and that my thoughts are simply results of chemical and electrical processes in the brain, and not something I can consciously control, I let go of the key of taking charge of what is going on inside my mind.** In meditation, my intellect recognizes and realizes that my thoughts are my own creation, of me the soul and not the body and that I, the soul, using the intellect, which is also a part of the soul, can make choices about them.

When I realize that my natural state is to be the master of my mind and not to be dictated by it or dictated by the brain, I start taking charge of what is going on inside. When I practice being a master of my mind repeatedly by practicing meditation regularly, the new habit of creating only positive thoughts settles inside me and my habit of responding negatively with a negative state of mind to negative situations, begins to change over a period of time. I start responding positively even to negative situations. So, meditation is a major transformation process of the habit of thinking negatively, which then has positive results on my personality and behavior.

**Tomorrow we shall further clarify the process which has been explained in today's and yesterday's message, with an example.**

## Message for the day

**To have equality in thought, word and action is to be successful.**

**Expression:** With regards to what I want to achieve, my thoughts are usually high. I then speak about my high plans to others too. But to bring my plans into action it takes a long time and by then I find that they have lost their intensity.

**Experience:** I need to remind myself that if I don't implement my thoughts immediately, I will never do it. I also need to check if the thoughts that I have are practical. I need to then plan and speak about it according to my checking. Then I find that my thoughts and plans are not wasted away, but become practical.

In Spiritual Service,  
Brahma Kumaris