

Daily Positive Thoughts: October 13, 2015: Do you Mind



## **Do you Mind**

It's all right to have an open mind, if you know what to let in.

## A Spiritual Perspective Of Near Death Experiences (Part 5)

### **Our Basic Experience**

Spirituality teaches us how to practice the art of Soul Consciousness and Supreme Soul Consciousness in our day to day lives. We have through our daily practice perceived and experienced the soul to be a conscient being of light, a tiny pin point of sparkling star like energy full of peace, bliss, love, purity and power residing in the centre of the brain, an entity completely independent of the physical body, containing a conscient mind, an intellect and a definite personality. On the other hand the Supreme Soul or God is perceived and experienced to be the same in form as the soul i.e. a golden white pin point of spiritual light and might, but an ocean of the above mentioned virtues; containing a conscient mind, intellect and personality of his own.

The world in which we play our part and the one on which we are now living is known as the **physical world**. This is because all living beings here have a physical form. Here the laws of science come into play and time, history and geography are important parameters of life. It is a world of action, experience and expression.

Beyond the physical world of action lies an infinite, timeless dimension of complete silence. This is the original home of all souls, the **non-physical soul world**, a soft golden red light world where we once stayed, as a soul in a state of total peace and bliss. **In meditation** we turn our mind and intellect away from the material world and travel to the incorporeal or soul world, the **supreme region of highest consciousness** with the eye of the mind or the 'third eye' and connect them with the Supreme Soul, a resident of the soul world and the fountain of eternal peace. Through this mental exercise or connection we harness his vast resources of spiritual energy and experience super-sensual bliss. **This experience is similar to an Out of Body Experience and Near Death Experience.** The experience will be explained in tomorrow's message.

(To be continued tomorrow ...)

## Mercy

It is so important to experience God's mercy and forge a strong relationship with God as our Mother. Knowing that a heart that has been hurt becomes hard, we understand God is the only One who can heal our hearts. Each one should ask him or herself : "What can I do to make my heart softer?" There is such a need of mercy. We have to make our hearts softer and stronger, because a strong heart doesn't experience pain and we know that if we experience sorrow, we cannot serve God.

## Soul Sustenance

### Practical Positive Response Training To The Mind (Part 1)

**Meditation is a process in which I train the mind to consciously create those right type of thoughts that I wish to have, inside my mind, regularly in my daily routine.** On the field of action, I am faced with various different types of negative and uncomfortable situations, which have the first and most immediate effect on my thoughts, before showing on my face in my expressions or in my words or actions. I do realize inside, that the thoughts (and as a result my physical response) created at these times are not the right ones. **I want to inculcate a habit, whereby my thought patterns are only which I like or are the right, positive and powerful ones no matter what happens.**

So where do I start? Meditation is the start. Meditation is the time, when I consciously create positive thoughts. What benefit do I achieve from that? In these few moments, I am changing the deep and very old habit (not limited only to this birth) of creating the wrong type of thoughts, whenever I am faced with a situation which I do not like. How do I do this? I do this through the intellect. The intellect takes hold of the reins of the mind and chooses the direction in which it will travel. Why is it able to do this? Because, **during meditation, I bring myself back to the knowledge or belief that I am a soul and my intellect accepts and absorbs this awareness. This belief then becomes the key to taking charge of what is going on in my mind.**

(To be continued tomorrow ...)

## Message for the day

**Awareness of my own resources enables me to experience quick progress.**

**Expression:** I usually look for excuses for my lack of progress. I either compare with others or curse my own lack of resources and stop putting in effort. So although I can do a lot I don't experience as much progress as I should.

**Experience:** To make as much progress as I want to is in my hands. For this I need to recognise the resources I have and put them to the best use. When I am busy with that I am able to move forward quickly.

In Spiritual Service,  
Brahma Kumaris