

SOUL'S ETERNAL

It's all a matter of life and death



B.K. JAYANTI

My understanding and experience is that the soul is eternal. It never dies. It simply passes on from one bodily 'costume' to another, carrying its experiences with it. When we remember someone who has died simply as a human being, there is sorrow. But, remembering the soul in the awareness of God, we can send God's love and light to that soul. Our thoughts reach the soul and the connection carries on beyond death. Seeing death as a natural transition into another state removes fear, and enables us to respond to the situation more calmly and with appreciation rather than regret.

The soul's strongest

relationship — and attachment — is to the body. It is understandable, therefore, why the question of 'leaving the body' brings trauma. A meditation practice that prepares us for moving on is what we call 'soul consciousness': experiencing the spiritual being as a being of light, quite separate — detached — from the body. This detachment is not cold or distant but one of benevolent freedom. Aware of the soul and its intrinsic value, we start to perform actions based on kindness, generosity and compassion. These actions accumulate good fortune for the soul, which it carries with it. And, when it is time to 'leave the body', the soul understands it is not the end. This 'detachment' also allows the soul to cope with illness and pain more calmly and positively and draw God's power and light to bring comfort.

The relationship with the Divine plays a very important role in preparing for both life and



death. In the moment of transition — 'death' — God's remembrance supports the soul, and gives it the experience of flying to the light — to God. Soon afterwards the soul will go to its new home — a foetus in a mother's womb. Meditation each day brings the experience of God's love and power, enabling us to experience help and guidance from the Divine. The practice of meditation is the preparation for the final moments, so that the mind is able to stay focused

and concentrated and experience the connection with the One.

In the process of 'detaching' from the body, relationships with others continue but they are not relationships of possessiveness or demand — because we recognise that the other is also a soul, playing a role through a body.

The practice of letting go and surrendering to God the hurt and pain that others may have caused and genuinely forgiving them means that I carry no burden of

pain inside me and nothing holds me back in the final moments. If I have made mistakes, let me seek forgiveness — from others, myself and God, so that I can change and move on.

Detaching from the body enables me to let go of position, possessions and even the pull of the senses that bind me and hold me back. The next step of mastery is to be able to discipline my mind to serve me well and enable the soul to express its original, eternal nature of purity,

peace, love, truth and joy.

This journey, holding God's hand, engaged in good actions and settling all the negative actions of the past, moves me to a state of freedom, a state in which all accounts have been settled and I then truly know I will fly to God. It is a journey of a lifetime and the destination is to be at one with the Divine but the journey itself can only be in the companionship of the Divine.

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DISCOURSE

ELEVATED THOUGHTS PURIFY THE SELF



DADI JANKI

Through our thoughts, we are either gaining power or losing it. With pure thoughts power is generated, and with impure thoughts, power is destroyed. Pure thoughts are those that express our spiritual personality. Impure thoughts are all the others. They have nothing to do with our truth.

Thought is the vehicle which takes us from non-spiritual self to our truth. Spiritual knowledge is like a sieve through which we can filter out the untrue. Running our thoughts through it constantly ensures that we are heading in the right direction.

When thoughts are brought into action, they can be seen immediately. When the mind is filled with virtues, they will be revealed in our actions.

By elevating our thoughts, we can literally end up purifying the self, inspiring others to do likewise. Our life will be the inspiration for them to change. There will not even be the need to say anything. Our vibrations of pure thought can reach out and touch the whole world. Our very life can do the work of a lighthouse.

INNER WISDOM

DO YOU KNOW WHAT IS YOUR PURPOSE IN LIFE?



YOGESH SHARDA

What effect does it have when we explore the question of our own purpose in life? When we wonder why we do what we do, what really matters to us, what is really important and how I can be useful and contribute something to life. These questions take us to the DNA of our spirit — to the core of the soul. When the answers become a reality then we feel highly motivated, and our doing becomes a reflection of our being.

A lot of people are very unfocused. They have a

million ideas of what would make their lives better; purchases, jobs, holidays. Their ideas are scattered in a thousand directions. They do not really know where they are going. However, when the main focus is my purpose in life, when I am clear about where I am going, then I can move forward and achieve whatever I want to achieve.

So, how can I discover my purpose?

If I have the sincere wish to find this sense of purpose and start to look for what it might be, then life, or the universe, will respond and begin to give me clues. This is not creative work or having another set of many ideas. It is detective work, which only each one can do by themselves.

The purpose of each one is already within, and it has to be detected and discovered. It is always something of use, or of service, to the family or society or for a specific



group of people or even the world. Every single soul has a unique, spiritual DNA and something extraordinarily special to offer the world,

but when we are too busy then we are unable to hear our own inner wisdom. Meditation is very good for listening to that wisdom be-

cause in that state of quietness, we are able to hear. Everything that exists has its own purpose. The sun, the moon, the wind,

the sea, flowers — they all add something to life and the ecosystem. Inanimate objects too are all useful in some way. Your life up until

now is a kind of map that already shows you what is inside you. So, look inside, listen to the self, be open to signals and signs. Look for things that really motivate you. Things that motivate us excite us, whereas other things that motivate and move others have no effect on us.

The universe responds when we are authentic and want the answer to this sincere question of purpose. Look out for a billboard that may suddenly give you a clue, or a poem someone sends you, or even a T-shirt that someone is wearing! When we really want to understand what our purpose is, magic happens.

A sense of purpose gives direction and helps us to focus, especially when we are in some kind of storm or upheaval. Someone who has found their purpose, own their motivation. They know who they are and why

they are doing what they do. They have a deep-seated sense of contentment, which is not lost even when facing adversity, or when they are criticised or if things do not go to plan. Because they no longer live on the surface; they have gone below the surface and understand the mechanisms of life and the reins are in their hands.

A meditator is constantly aware of the focus of the mind throughout the day. There is the understanding that life is not between me and others but between me and the mechanism of spirituality. Spirituality is, among many other things, the development of a clean heart, and when the heart is clean, all you have ever really wanted will appear — and your life will be filled with deep contentment.

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LIFE MANTRA

UNDERSTAND HOW YOU WORK... AND TAKE THE INITIATIVE



KEN O'DONNELL

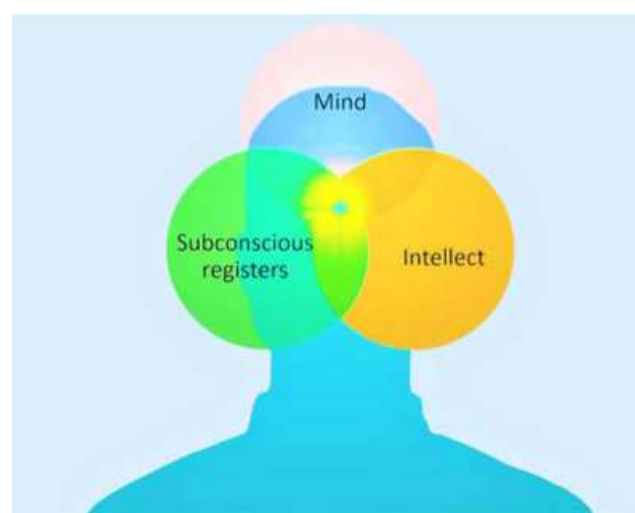
Very rarely do we meet someone who has everything they need. Especially in these times of lockdown and scarcity of many items. But perhaps the greatest thing we lack is understanding of the basic rules of life behind everything that happens. With this we can face any difficulties that the chaotic world may produce.

There are systems that work together in an integrated way

to produce all aspects of our existence. The world around us in all its shapes and forms is the consequence of the way the elements that make it up, both living beings and the inanimate elements of matter, relate to each other. Our individual connection with the world around us happens through the ego linked to our physical identity, roles and history. The ego can be the best or the worst agent for the inner self in its relationship with the world.

There are three elements that integrate to produce our perceptions, experiences and activities, as shown in the diagram.

If we are really honest, we can say that their activity is more or less out of control. The mind wants one thing. The intellect pulls in another



direction. The action of the subconscious is apparently random, producing our experiences and perceptions. Most people believe that it is not even possible to control this interaction.

It is possible, but to do this

we have to strengthen the inner self.

In order to explain this, I want to use the image of a beach. I especially remember a beach that was about a hundred metres from my parents' house, 500 km south of Syd-

ney, Australia. As it was quite deserted, I used to go and sit there and become fascinated by the incessant breaking waves.

The mind is like the beach. It is the passive receiver of all sorts of images, sensations and ideas that are recorded in the subconscious sea of experiences.

The waves break on the beach in the form of thoughts and feelings. The waves can be gentle or can come thundering down. The big question is: can we control the waves?

So, imagine someone sitting on the beach just watching the waves. It is through the intellect that we can observe the thoughts and feelings that break on the beach of the mind. But this is where the analogy ends. We can ob-

serve whatever appears. But we can also control the flow. We can determine the waves we would like to have or feel, instead of just being passive victims of whatever comes.

As we practise this observation and control, with the help of meditation, we can better deal with any circumstances that may arise. We stop being tossed around by uncontrollable waves in an apparently random world. We start to have real control over our lives instead of being pushed and pulled by external circumstances.

Understanding this process and working on it is probably the best thing we can do for ourselves in these crazy times.

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A THOUGHT FOR TODAY

I have a right to be the best version of myself. No one can give this to me because it already exists within me. I must claim my right to it or I will lose it. When I feel small, unworthy or challenged by criticism, I can remember that within me are all the qualities needed to respond well in every situation. Today let me reclaim my right to be my best self.