



Overcoming Sorrow and Gaining Peace

A question can be asked, "Can a soul be relieved of all its past negative actions through suffering for the same in its present life?"

Unless the soul regains its original *sanskars* of purity, it cannot escape suffering and grief. Purity is the foundation of peace and bliss. And for purity the soul requires the removal of every trace of negativity. Souls are burdened with the accumulated negative *sanskars* of their previous births, the extent of which varies from soul to soul. According to the law of karma, the soul has to experience suffering as a result of its wrongful acts. **A pure soul does not suffer. The evidence that most human beings are bearing sorrow in some form or the other shows that nowadays souls are carrying a load of negative *sanskars* resulting from wrong actions committed in this and their past lives.**

Due to the cyclic nature of the thought process there is a cumulative effect of negative *sanskars* which forces the soul to perform more negative actions than it can clear through suffering. That is why the degrees of purity of the soul decrease continuously. The downfall becomes steeper due to the cumulative effect of vices. Negative *sanskars* give rise to negative thoughts which lead to negative actions, resulting in the formation of still more negative *sanskars*. Thus, souls are caught in a downward spiral from which they are unable to release themselves.

Meditation, however, opens the door to God, and through rising above all physical laws, one can set oneself free from the effects of all wrong actions. Through connection with the purest Supreme Soul, the *sanskars* of the soul are automatically purified and it moves further towards its original state of purity, peace and bliss.

Each and every human soul's original trait or characteristic is peace. Before each soul comes down on the earth to take its first physical body, the soul is in a state of complete peace, residing in the soul world. **In the soul world, the two faculties of the soul - the mind and intellect are complete inactive or dormant and the third faculty, the *sanskara* or spiritual personality is only that of eternal peace and purity and no other virtue like happiness, love or knowledge.** The mind is completely silent, not creating a single thought or emotion or feeling nor possessing an attitude. The intellect which possesses the power to discriminate right thoughts, words or actions from the wrong ones does not exercise its power because there are no thoughts, words or actions in the soul world, so there is nothing there to discriminate. The *sanskaras* (as mentioned above) are also inactive to a certain extent - there are no thoughts, feelings, emotions, attitudes, words or actions to be created or processed, which

would be based on the *sanskaras* or personality.

When the soul first takes a physical body on the world stage, it creates thoughts and feelings which are few in number and they are only positive and its words and actions are also limited and completely positive. Its discrimination power is active and completely accurate and its *sanskaras* or personality come into an active mode (*sanskaras* other than peace also become active) but only for a positive purpose to create positive thoughts, words or actions. As a result of this, the soul experiences immense peace, but the extent of the peace is lesser than that of in the soul world, where it is completely still and experiences dead silence or peace. It is never peaceless though at this stage. As the soul starts coming into the process of birth and rebirth, its starts losing its energy slowly; its mind, intellect and *sanskaras* start functioning negatively or incorrectly, it begins to succumb to the vices, leading to the creation of thoughts, words and actions, which are not only large in number but they are mostly waste or negative in nature. As a result, the soul gradually begins to lose its peace, which it experienced in the soul world (eternal peace) and at the start of its journey on the physical world and starts becoming peaceless.

To have both these experiences, the basic principle that I need to remember is that to experience peace, I need to concentrate on it - concentration means creating thoughts about it and visualizing it at the same time. Secondly to access peace, I need to separate myself from my body and surroundings. So how do I bring these two principles in practice?

the first thing we need to learn is that I am not this body but I am an eternal soul, a non-physical star like spiritual energy, situated at the centre of the forehead, just above the eyebrows, the original nature of which is peace. The body is my vehicle. Now, to experience the peace experienced during the initial phases of the birth-rebirth cycle, my mind picks the above fact or wisdom from my intellect, which is a reservoir of spiritual knowledge and where the above fact is stored. Then, my intellect, which possesses the decision making ability judges the thought as to whether it is a right or wrong one. If my intellect is convinced about the fact, it judges the thought as right. Next, I take this process further. Along with creating this thought I visualize this thought on the screen of my mind i.e. see my star-like white/golden light form just above the eyebrows radiating white/golden rays of peace in all directions. I do this exercise for a few minutes. **This exercise then leads me to an experience of peace, as a result of which a *sanskara* of peace is created.** This is the peace experienced whilst visualizing the spiritual self inside the body - **it is the peace experienced in the initial phases of the birth-rebirth cycle.**

Having created the thought about myself that I am a sparkling star-like energy at the centre of the forehead, just above the eyebrows, visualized it and as a result experienced it, now my objective is visualizing my star like form in the soul world. With this objective in mind, I now create a simple thought that I the star-like energy will make a short journey to the soul world and back. So I create simple thoughts and visualize alongside that I, the soul am leaving my physical body and flying outside. Then I, see my star like form, slowly fly past the ceiling of the room I am in and see myself suspended in the sky (night sky makes the visualization more easy). I see myself as a point of radiant light high above many many buildings and lights. This is similar to what one would see from an aeroplane window while landing or taking off. I then see my light form going higher, past the atmosphere and going past a sea of stars and a few planets and the moon. I then take this visualization further and see myself entering the soul world, a region of soft orange-red light (this is similar to how it looks like at dusk). This region is

multidimensional and unlimited in size or expanse. I see my star-like form suspended in this region, radiating rays of peace in all directions. I also see other white/golden star-like souls just like me in the same region. I spend some time in this region, in this experience. In this region my thoughts stop completely and I am only visualizing.

This is the eternal peace experienced whilst visualizing the spiritual self in the soul world. The peace experienced in this exercise is greater than in the exercise mentioned yesterday. Thus the *sanskara* of peace created in the soul in this exercise is deeper. After a few minutes of this experience, I see myself descending in the physical body in exactly the same way as I flew to the soul world. **This is just a visualization exercise or experience and the soul does not actually leave the body and go anywhere.** The two practical exercises explained in yesterday's and today's message can be used to experience the two types of peace mentioned. At one time, you can choose to either experience both types or only the first one. You can start with a few minutes and increase the time gradually. **Continuous practice will create stronger *sanskaras* of peace and take you closer to your original state of peace.**

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