

Lesson on “Soul”

List with audio links:

1) Short introduction into meditation

<https://soundcloud.com/brahmakumarismanhattan/introduction-into-meditation>

2) The Real "I"

<https://soundcloud.com/brahmakumarismanhattan/02-the-real-i-way>

3) Guest Consciousness

<https://soundcloud.com/brahmakumarismanhattan/04-guest-consciousness>

4) The Traveler

<https://soundcloud.com/brahmakumarismanhattan/05-the-traveler-way>

List of links to short videos to revise and practice:

1) The Real Self: our Spiritual Identity

<https://youtu.be/g0s8C9oIDh0>

2) Reflection on: The Joy of a Guest

<https://youtu.be/pW0i4gXZboQ>

3) Method for Meditation: Steps

<https://youtu.be/8ifQjxkISDM>

4) A Guided Meditation: The Beautiful Traveler

<https://youtu.be/MduDZrgyRpA>

5) A Guided Meditation: Illustrating How to Use the Steps

<https://youtu.be/ERLin4bVI88>

4 Steps to Meditate

- **STEP 1:** - Withdraw your attention from the external world; become aware of your inner world, become aware the one who is experiencing everything, i.e., the invisible experiencer.
- **STEP 2:** - Choose a theme (themes are: any aspect of the soul, the soul world, the Supreme Soul, attitude towards drama).
- **STEP 3:** - Concentrate on your theme (allow in the mind only thoughts and images connected with your theme).
- **STEP 4:** - Become aware of your feelings (allow the inner experience).

List of meditation themes for Step 2:

It is good to remind ourselves regularly of who we truly are – eternal, peaceful, loving beings of consciousness, subtle light. We are living, invisible stars of conscious light with purity, peace, and many other qualities. This is accurate awareness of the self, but in different meditations we can use different descriptions and analogies of the self to help create that state of full awareness of self.

List with themes (analogies) you can use for Step 2 in your meditation practices:

- The inner being is a tiny star
- Immortal being of consciousness as opposed to the perishable body (death does not exist for the soul)
- Invisible experiencer
- See the self as a guest in this body and so a guest in this world
- To see the self as a trustee, for example, in a situation with children or possessions
- To remind myself that I am an actor playing this particular role
- To be a detached observer of the drama

- To see the self as a traveler passing through this life – a traveler in time
- To consider myself as a driver of this body
- To look out at the world outside through the eyes, the eyes that are like windows of the body
- The soul is an incarnate in the body and uses the body for a certain noble purpose
- The soul is a player, using the body to play the game of human life in the physical world

Reflect on each theme for a while before using it in your meditation.

Only choose a theme that you understand and have some conviction about. No need to struggle in your meditation because of doubts, etc., about your theme.