

SOUL

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What is soul?

The soul is light.

The soul is the light produced by the light. That is, the soul is the rays created from the divine light. The soul comes to the earth with the material body as its instrument.

Just like we go to school in uniforms, the soul comes to the earth in the uniform of the body.

We need a car to get from one place to another. Similarly, the soul has come to this earth with this body as its instrument.

Just as we leave the vehicle after the journey is over, we leave our physical body when we are done with the things we have to do in this world. So we are all souls. We need to realise this. We can see the soul. Yes, we can see our soul through our third eye, the eye of wisdom.

If we meditate and process the third eye, we can feel the soul.



The dwelling place of the soul

It is only through our spiritual growth that we can realize the dwelling place of the soul.

Below we can see in detail the seven stages in which the soul resides in our body.

- 1. The first stage of the soul is the lower part of the abdomen.**
- 2. The second stage of the soul is the middle part between the lower abdomen and the navel.**
- 3. The third level of the soul is the navel area.**
- 4. The fourth level of the soul is the heart.**
- 5. The fifth level of the soul is the throat.**
- 6. The sixth level of the soul.**
- 7. The seventh level of the soul is the upper part of the head.**

The seventh state is the state of a complete soul. Exalted souls will reside in the 7th stationary higher level.

Similarly, if our soul resides in the heart, it is a well-balanced development. In this case, we can understand the karmic processes, the wisdom and awareness of the past. So, all of us should meditate and gradually reach the seventh standard higher level.



The characteristics of the soul

The soul has the power to heal itself.

It enhances our soul power. The Spirit will protect us. It boosts our immune system. So we will be protected before the disease comes.

The Spirit restores us. It can be young again.

We can have a long life. We can live as long as we want to live.

The soul leads our life. We can get rid of the soul. That is, when we practice meditation continuously, our soul guides us on the path of progress.

There are many types of souls. For example, some souls are more active, some souls are the embodiment of peace, some are humorous, and some souls are simple.





The best example of this is a very active soul, remembering Krishna. Because, Krishna will be actively engaged in worldly activities during the day. At night, he does intense meditation. He didn't waste a single minute.

Next, the peaceful soul is Ramana Maharshi. He maintained a lot of silence and meditative energy within himself. Osho ji mixed his wisdom with humour and told it in a realistic way. There are many kinds of souls. Although our body, mind, and spirit seem to be separate, in reality they are all connected. This can be achieved through meditation.

When we meditate, the mind becomes quiet and we can understand the inner voice of the soul, that is, the intuition. And then the body, mind, and spirit begin to work together. All of our knowledge, wisdom, and intelligence come from our ancestors. The mind has the power to think and act. The soul is capable of discernment.

The soul is eager to learn. There is love and hate in the soul. The soul has feelings. The soul has infinite knowledge. We should use this knowledge for our spiritual progress through meditation.





When we can understand the voice of the soul, we are spiritually developed.

The soul has a great memory. The soul has the ability to bend and accept all circumstances. That is, through meditation, our life changes from a state of envy to a state of wealth. We can understand a person from our own perspective. We can understand the feelings of others.

One soul is capable of exchanging its ideas with another soul.

The soul is always looking for new things and learning.

The mind teaches the soul. Yes, the mind can tell you many things. The mind is a collection of thoughts. As you meditate, your mind gradually becomes clearer. In such a situation, the mind will hear and understand the lesson of the soul.

The soul is connected to the world. The soul follows spiritual laws and principles.

First of all, we need to understand the soul. Through meditation, we come to understand that we are souls, and that others are souls just like us. After we realize that the soul, everything is possible. Let's meditate and realize the soul and live a great life.

