

The Journey of Soul

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Introduction

Welcome, traveler, to "The Journey Of Soul." This book is designed as a practical map for the most profound journey one can undertake – the return to the Source.

Meditation fundamentally means concentrating your mind on God. And where does God reside? Not in some distant, unreachable realm shrouded in clouds, but deep within the heart of each of His creations, beating with a silent, luminous rhythm. God is the very core of your being.

Let's try a simple exercise. Gently touch the area of your heart chakra (for a starting point, touch your left nipple and measure about three fingers vertically down). Now, close your eyes. Breathe. Try to focus your inner gaze on this heart space. At first, you might perceive only darkness, the absence of physical light. Thoughts will inevitably arise, like flickering phantoms or noisy chatter echoing in a quiet room. They will try to pull your attention away. Try to gently ignore them, letting them drift by like clouds across an inner sky. Understand that these thoughts gain power from your attention; the more you feed them focus, the louder and more vibrant – often in disruptive colors of anxiety or desire – they become. It is not always easy to ignore this mental noise, the cacophony of the untrained mind, but with practice, it *is* possible.

(Picture this: Your inner space is like a sky. Thoughts are clouds – some dark and heavy, some wispy. Your attention is the sunbeam. Where the beam focuses, the cloud seems brighter, more solid. Learning to ignore thoughts is like gently withdrawing the sunbeam, letting the clouds drift past without illumination.)

This book provides practical methods for “soul cleaning” and meditation. Think of soul cleaning as wiping away layers of obscuring dust and grime – shades of murky brown, dull grey, and angry red – from your inner mirror. This cleansing process helps to reduce the storm of unnecessary thoughts, bringing a profound sense of peace, like the quiet stillness after a cleansing rain, revealing the clear, blue sky within. Once this inner quietude begins to dawn, meditation becomes the pathway, lit by an inner light, allowing us to connect directly to the radiant Divinity slumbering inside us.

We will then discuss the transformative effect of sincere meditation. You will find practical guidelines herein to check your own current spiritual progress, like milestones glowing with distinct colors on the path. The book concludes with common questions and answers about spirituality and meditation, addressing queries that often arise on this journey. Recognizing the value of your time and the need for clarity in our fast-paced world, we have intentionally kept this book short and to the point, focusing on actionable guidance. Hindi translation has been provided at the end of the book.

What Is God?

(Visualize an infinite, luminous ocean. It's not just blue, but radiates waves of shimmering golden, white, and rose light, emitting a deep, resonant hum – the sound of pure Love and Being. This is God.)

God can be perceived as this boundless Ocean of Love, shimmering with an all-pervasive, gentle light and sound. All souls originally were part of this Ocean, like countless individual drops, each

reflecting the Ocean's light, each vibrating in perfect, loving harmony – a symphony of connection. However, for reasons lost in the cosmic unfolding, these soul-drops became separated from the infinite Ocean of Love.

The shadows of evening fall thick and deep,

and the darkness of love envelops the body and the mind.

Open the window to the west,

and be lost in the sky of love;

*Drink the sweet honey that steeps the petals of the lotus of the
heart.*

Receive the waves in your body:

what splendor is in the region of the sea!

Hark! The sounds of conches and bells are rising.

Kabir says: "O brother, behold!

The Lord is in this vessel of my body."

What Is Soul?

(Picture a tiny, brilliant spark of golden light – the soul – originating from the vast Ocean. Now, visualize this spark becoming coated, layer by layer, with thick, sticky, dark sludge – colors of muddy brown, angry crimson, envious green, prideful purple. This is the "garbage.")

At the beginning of its spiritual journey, the soul was a pure spark of God, a tiny, flowing river reflecting the clear light of Divine Love.