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## Panchatatva Mantra

jaya sri-krishna-chaitanya  
prabhu nityananda  
sri-adwaita gadadhara  
shrivasadi-gaura-bhakta-vrinda

“I offer my respectful

obeisances unto Sri Caitanya

Mahaprabhu, Lord

Nityananda, Sri Advaita,

Gadadhara Pandit, Srivas

Thakur, and all the devotees

of Lord Caitanya”.

## Maha Mantra

Hare Krishna  
Hare Krishna  
Krishna Krishna  
Hare Hare

Hare Rama  
Hare Rama  
Rama Rama  
Hare Hare

Chant Hare  
Krishna Mantra  
and be happy...

## The Science of the Soul

Hare Krishna Friends,

Please accept our respectful obeisance!

Soul is the driving force for this vehicle called Body. Having understood this, we shall understand scientifically how scientists all over the world have been verifying the existence of the soul within this body.

Why is analyzing the soul important? Our entire lifetime is spent thinking about “Me and My Body”. Right from the “Womb to the Tomb” we are all the while entwined in this concept of “I am this Body”. Each and every activity of ours is always based on this concept.

Whatever education we receive today is all centered around this concept of “ Me and my Body”. We study thinking how we will be benefited by this and what will I get out of this. We want to be recognized as the Best Student in school. Even our family system is also made similarly. We aim to be at the top, the best always. It is evident in our professional life very well. We strive to give good performance to be recognized as the best employee, the best achiever etc and get a very good performance review, so that we can grow in our career and reach the higher cadre. We want to be atop in everything and we want to feel like we have the whole world in our hands - Duniya meri mutti mein.

But, at the end of your life when you realize that “you are not this body” and time has come to leave the body, it shouldn't surprise you, because nothing will come behind you including your own body. Then it will be too late and there will be no time to rectify anything and you can't undo what you have done and redo it, this is possible only on MS Office suite!!

We need to move to the platform of the Spirit Soul from the Bodily platform. To do this, we need to first understand scientifically that we are not this body, but the spirit soul.



## Near Death Experience

One kind of study is called as Near Death Experience it is called as NDE or OBE Out of Body Experience, the principle of this study is "a person is declared to be dead, his ECG EEG, EMG, everything is flat even his body, now medically such a person is dead, they have tried artificial breathing, nothing has happened, no response for more than 30 or 45 minutes and just before they have to pack up the body and send to relatives, that person has revived, and after coming back to life, he stated that he was out of his body hanging in the air and watching his body, and all that was happening at that time, perfectly. There was a German, and while he was being operated, he died and half an hour later he came back and after the operation, he started chastising the doctor. He said, I was dead, and you were telling the nurse about the golf that you played this morning, and the doctor was shocked and he said, how did you know? Such experiences are called NDE or OBE, where a person is clinically declared as dead but, after sometime, the person comes back and reports everything that happened when he was supposed to be dead. A pioneer of such studies, Dr. Micheal B.Sabom, concludes that there is some existence beyond this bodily platform. When a person is clinically dead, he still exists and he is watching his body, he will be standing in a different realm of existence away from the body. This is one kind of study..

## Past Life Memories

The second type of study which indicates the existence of life beyond bodily existence is called past life existence or memory. Past life memory means a person dies at a particular place, months later a child is born in some other place, and when the child grows up to 2 or 3-years-old, he starts saying that I am so and so from such and such a village, my husband's name is this, my wife's name is this, my children are in such a place, I want to go back to my village, and he starts speaking a different language which he has never been exposed to, perfectly as if it is his mother tongue. Now a 3-year-old child we can't expect him to speak some other language that too, so perfectly. And they give perfect details.

And scientists with good credentials conduct a very systematic study, ruling out all fabrications and have concluded that this person is none other than the same fellow who died so many years ago in some place sometime in a different state,

sometime in a different village, sometime in a different country, sometime in the neighborhood. And one of the pioneers in the studies of past life memories is one doctor Ian Stevenson psychiatrist at the university of Virginia. Ian Stevenson psychiatrist at the university of Virginia. One of his students is Dr. Satvam Pasrica, she is the associate teacher of psychology at the national university of mental health and neurosciences. This lady has studied some 400 cases. There are so many cases where children have reported that they are so and so and they have given such details that no one can know. Extremely intimate details of the life of the other family. There is no chance of anyone knowing. So these are called past life memories.





## Astral Body Travel

Astral body travel is another recent study. In this a person leaves his body, goes to some other place and again comes back and reports what he saw there, this was performed by yogis. Practically at that time, the body is dead, but it is stored in one place so that it won't decay, they go somewhere, enter a different body, experience a different realm, they leave that and come back and enter their own body. This is called astral body travel or in a subtle body, they go and come back, so it shows that life exists beyond the body, the body is not everything. There is life even beyond a body. However intellectual the scientists are and how ever much they are powerful with their studies and speculations, it's

very difficult to know everything about the nature of the soul. But scriptures give elaborate details about what the soul is, its nature and characteristics. In fact, there is no need to conduct any research, everything has already been done. So Vedas means all the researches have been carried out, and the results are given, so when you question in faith through proper sources you can get access to this precious knowledge. Unfortunately, if this knowledge is systematically and scientifically presented, people think that it is mythology.



## Practical Benefit of the knowledge about the soul

**The knowledge and realization of the soul has several practical benefits for one even in the modern age as outlined below:**

**Acquiring Divine Assets and Freedom from Demoniatic nature:** To live a life with the consciousness, "I am not this material body; I am the spirit soul" directs one to cultivate divine qualities such as humility, tolerance, patience, sweetness, universal love, honesty, sincerity etc. Cultivation of such qualities brings peace and happiness now, and at the same time leads one to the world of eternal joy.

But sadly, this knowledge about soul is lacking in this world. This has resulted in a lot of turmoil all around. There is rampant terrorism, merciless killing. People all over the world have only hatred and greed within them. They don't hesitate to even kill anyone to achieve their goal. There is fear, insecurity, and distrust all over.



**Universal Brotherhood:** Hitler killed millions of innocent Jews in gas chambers, considering them to be his enemy. The quarrel between whites and blacks is simply based on superficial skin identity. All these quarrels can be stopped at once as soon as one understands the soul. Man against man, family against family, country against country have quarrel simply on the basis of self-imposed, demarcated, false superficial identities. When one understands the real identity as the soul, then not only other humans, but even animals, birds, trees all become our brothers and sisters under the protective shelter of God. This can put an end to such mass slaughter of innocent cows and abortion of millions of children in the womb.

**Positive Outlook and Attitude to life:** When one understands the knowledge of the self, then one gains self-awareness that can lead to self management. We can observe ourselves, our nature, our right and wrong behavior, our strengths and weaknesses and where we need to improve. Just as we have the courage to direct others as to what they should be doing and how they should be doing it, similarly we are able to direct our sense organs with proper understanding of these aspects.

Freedom from Lamentation, Fear and Illusion: Everyone in this world laments when some near and dear ones passes away. When one knows the knowledge of the soul, one can understand that the soul has passed away to the next body, and that death is nothing but the transfer of the soul from one body to another.



### **Modern Age - Polishing the Cage**

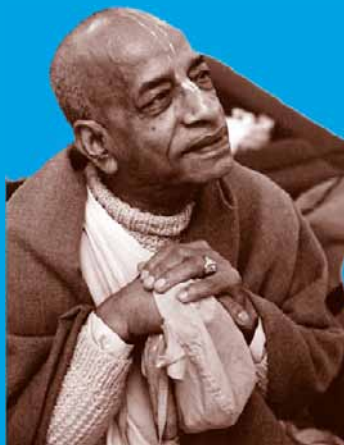
Upcoming Events One who thinks, "I am the body" spends all the time in illusory enjoyment like smoking, drinking and activities that degrade the body, mind and soul. In modern times there are hundreds of varieties of shoes, coats, suits, hairstyles, cosmetics, soaps, hair oils etc. – all meant for pampering the dying material body. Such an attempt is compared to the efforts of the lady who polished the cage, but forgot to feed the parrot within the cage. Modern man is pampering the material body due to illusion, forgetting the soul within. But one who knows that the actual self is the soul, and that the body is like a mere dress, acts on the spiritual platform according to the good instructions of the scriptures. This leads to the benefit of body, mind and soul.

**What is the use of carefully polishing the cage if one ignores the needs of the parrot inside? Similarly, people are making all arrangements for bodily comforts but spiritually, everyone is suffering. Hence, everyone is suffering.**

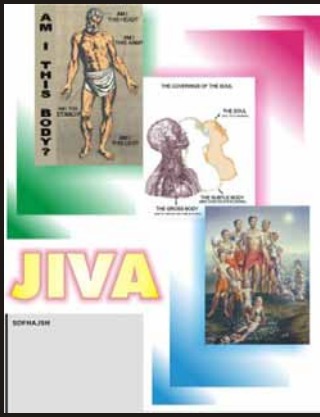
## **Srila Prabhupada Speaks out**

**The question of the satisfaction of the self is raised herein.**

**The self is beyond the gross body and subtle mind. He is the potent active principle of the body and mind. Without knowing the need of dormant soul, one cannot be happy simply with emolument of the body and mind. The body and the mind are but superfluous outer coverings of the spirit soul. The spirit soul's needs must be fulfilled. Simply by**



**cleansing the cage of the bird, one does not satisfy the bird. One must actually know the needs of the bird himself. The need of the spirit soul is that he wants to get out of the limited sphere of material bondage and fulfill his desire for complete freedom. He wants to get out of the covered walls of the greater universe. He wants to see the free light and the spirit. That complete freedom is achieved when he meets the complete spirit, the Personality of Godhead.**



## Vaishnava SMS

People say we are progressing ahead. This is a competitive world and we have to move very fast. All are moving very fast, but neither the destination nor the origin is known. Moving just like a mad person who has lost his memory and identity. Know yourself before you begin this mad race.

## Vaishnava Calendar

19 March 2009 : Sri Srivasa Pandit Appearance Day  
Fasting till noon

22 March 2009 : Fasting for Papamocani Ekadasi

23 March 2009 : Dvadasi Break fast 06:22 - 10:25

31 March 2009 : Sri Ramanujacarya Appearance Day

3 April 2009 : Rama Navami: Appearance of Lord Sri Ramachandra  
Fasting till sunset

5 April 2009 : Fasting for Kamada Ekadasi

6 April 2009 : Dvadasi Break fast 07:02 - 10:19

21 April 2009 : Fasting for Varuthini Ekadasi

22 April 2009 : Dvadasi Break fast 06:04 - 10:13

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No.70, 10th Main Road  
Manjunath Nagar, Rajajinagar 3rd Stage  
Bangalore - 560010  
91-80-23224915 Tel  
09964272279 Mob  
info@spiritonnews.com  
www.spiritonnews.com