



THE PATH OF LIGHT

Experience



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U.S.A

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For centuries, the scientists have been baffled by 'Out-of-Body Experience' (cep 'incidents and 'Near-Death Experience' and have made endless research. For the spiritually inclined and the ones who have practically 'experienced', these matters are naturally accepted. B.K.Lena from Washington, USA, shares her unique and unusual exposure to the universal Light she calls God, and her association with the Brahma Kumaris.

- Editor

I vividly remember one incident in my life when I was five years old. A red golden, white light caressed me (soul) as I was playing on the carpet in my home. I remember that moment when "the light" first came into my life and began its teachings of pure love for life in all forms. This light embraced me that day and literally lifted me off the carpet. I felt as if I was floating. I was being held in harmony with the universe in the light. The light spoke to me in words I could hear and understand as a child. The light held me, and said, "Animals are sacred. Do not eat beef, for if you do you will be taking the emotions they had at their death as you eat their flesh for dinner.

Tell your mother you can no longer eat beef". In a flash, I saw the fear in the cows' eyes as they died, and this vision created a dislike for meat. Then I thought:" How do I make my parents believe that God told me not to eat cows?" I knew I had to honour God and follow the truth. "The light" then set me back down on

the carpet so slowly and softly that I hardly even noticed I was on solid ground again. The light also told me something that I did not comprehend: "You are to be a great teacher, for you see the truth in the world." That night I said to my parents, "God asked me not to eat beef for food. I cannot eat this roast for dinner, so can I have something else to eat because I am hungry?" My parents did, not believe me. They told me that as long as I lived in their house, I had a choice: I could eat what was served for meals or I could go hungry. And so I continued to eat the flesh of animals for nutrition when there was no other option, until I became a vegetarian, by praying for the soul of the animal who gave its life for the food. I asked the animals to forgive me for eating them, and I asked God to look after their souls in heaven. For years, that was the only way I coped with the mainstream American way of eating.

When I was 18, God again appeared to me, as a white, golden, brilliant light, iflling me

with radiating pure love and acceptance. During a Near-Death Experience caused by a violent accident, I emerged out of my body, floated in total darkness at first until the light of God became like a magnet, drawing me forward. First I heard my deceased grandmother's voice in a tunnel of light, letting me know that she was with me. She was my guide in the initial stages of my Near-Death Experience. I felt drawn closer to her as she spoke to me, and then all of a sudden I knew I was on the other side of physical death. I felt no pain, I felt free from all limitations of Earth.

While I was on the other side, God told me the purpose of my life as a soul, which was literally beyond my comprehension. God, my grandmother and the mother souls I encountered there were constantly telling me, that it was not my time for death. I told them that I did not want to go back to my physical body; I wanted to stay with God in the light. They told me that I had to

go back for I had not fulfilled my destiny.

I received many spiritual teachings on the other side. Three prominent people from history came to me – Susan B. Anthony, Martin Luther King, Jr. and Mahatma Gandhi and gave me their reasons for working for peace and planetary change. They spoke of why human rights and peace on earth are so vitally important. I took in their words. There was also Council of light, a panel of great souls who represented the energies of peace and many spiritual traditions from ancient times. These souls revealed the purpose of my life and work by showing me my future, experiences. They told me, through a form of telepathy, that my work for humanity and peace on the planet would begin in my forties. Ancient scrolls written in Sanskrit and Tibetan were shown to me, to help me understand why spirituality and peace are so intertwined. The souls from the Light Council also explained the meanings of these texts. I

was shown many foreign lands and places that would need peace in the future, and that I would be a part of their transformational process. God told me continually that I had to go back to earth for this. God's love was so immense, all encompassing and brilliant that I did not want to leave. Then I heard I would remember this love and teachings on earth significantly. After I returned to my body, I began my search for God as a beam of brilliant, white, golden light.

I was 41 years old when I again found God as a glowing beam of light, in the image of God on the Brahma Kumaris' website. Through a series of coincidences and dialogues I was led to the Brahma Kumaris' programs. I met with Sister Gayatri and Sister Julia in New York City at the Brahma Kumaris' United Nations office. Afterwards, I began my studies of the course and meditation in Seattle, USA where I live. Then I had the opportunity to travel to India for four weeks in November 2003, as I wanted to

experience more of the knowledge. I stayed at their Headquarters in Mount Abu.

My calling to be of service to God and humanity through my work became more alive when I was in India. I have been led all my life to live by truth and fulfil my purpose; I now see a profound inner transformation occurring in my life and business since I have begun learning from the BrahmaKumaris.

Silence : *In the ocean of silence you may discover your eternal treasures of peace, love and happiness. You can let bad feelings and past sorrows dissolve. In silence you can hear the whisper of God saying "Come child and rest with Me. You are a peaceful soul."*