



You know I'm not my nose or my foot



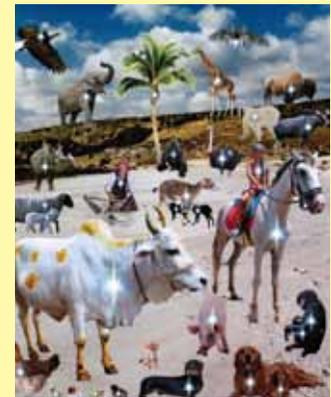
So many things can happen to my body



But my spirit cannot be harmed



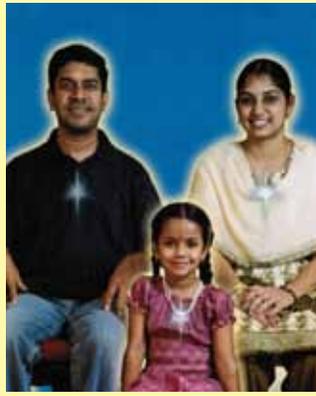
Saints in India say spirit souls are the life of all that lives!



I am not my hand



So who am I?



My parents are also spirit souls and my friends of course



They also say that a human life is for understanding we are spirit souls



I am the person inside this body!



I am the spirit who moves this body!



Saints say that all living bodies have a spirit inside



That's why we treat all creatures respectfully



We can go to God at the end of this life



And this is why God made us eternal like him

Spiritual emancipation is the way

Conclusion

We are the soul within the body. We all have a body and the particular form and gender of the body makes us human beings, animals, plants, male or female. The skin colour of the body and the form attach it to a certain race. The ground on which a body is born gives it a nationality. We practice a certain religion (also often geographically based).

All these things say what we have or follow, not who we are! We can also have a bike, a car, brown hair or a good brain but...we are not the things we temporarily possess; after death there is only the spirit soul. That is all what is left. The soul is eternal, transcendental to material nature and a part and parcel of God, and therefore eternally subservient to God. As long as we, as spirit souls, identify ourselves with the temporary bodies, we will experience duality, because matter is by nature full of differences. According to the Bhagavad-gita real peace can only be obtained if we accept the following principles:

"We should be in full consciousness of God, knowing Him to be the ultimate beneficiary of all our sacrifices and austerities, the Supreme owner and controller of all beings and all planets, and the benefactor and well-wisher of all living entities. Only then can we experience peace from the pangs of material nature" (Bhagavad-gita 5:29)

As long as we neglect God's laws by disrespecting the rights of other living beings to live a happy and peaceful life, peace will remain an empty slogan. When we continue to identify other human beings and other living entities with their bodies, and treat them as foreigners, discriminate and exploit them and even kill them, the world will never know peace. The souls in animals, plants and trees are also family members and deserve love, care and respect.

The golden rule of all the different faiths is compassion towards all. When one understands "I am a soul" then all other souls become one's neighbour. *'Love your neighbour as yourself and God above all. None of the ten commandments is greater.'* Therefore *"Thou shalt not kill"* (Bible - Exodus 20:13) because *"As you sow so shall you reap"* (Bible Galatians 6).

"As long as there are slaughterhouses there will be battle fields" (Leo Tolstoj). A vegetarian diet is recommended.

Religions are like different schools teaching us knowledge about God, ourselves, creation and how to live life in a serving, loving and sustainable way, so we can go to God at the end of this life.

Words for the spirit soul in a few languages:

siel – African
soul - English
âme - French
alma - Spanish
ruh روح - Arabic
ruh - Turkish
anima - Italian, Latin
atma - Hindi
nephesh - Hebrew

duša - Czech, Slovak,
Croatian
душа - Russian-Oekrain
naftaydu - Somali
Seele - German
sielu - Finnish
sál - Islandic
灵魂 - Chinese
ziel - Dutch

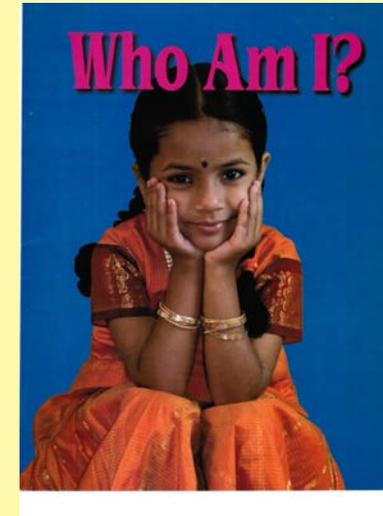


Based on the Bhagavad-gita as it is of
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Roadmap to peace



Ever wondered who we really are?

Nimisha is showing a simple answer on the deepest level of our existence. An answer that promotes mutual respect and the peace we all long for. Most of us identify with our bodies in which we are situated and things attached to it such as family and nation ...

But are we really these human bodies?
Are we young or old, man or woman?
Are we black, white, yellow or red?
Are we our nationality or political conviction?
Are we our social status or the religion we practice?
Are we Hindu, Jain, Buddhist, Jew, Christian, Muslim, Sikh... or do we follow a religious tradition?

What we really are must but be what we always are, because the truth is eternal. Everything which is changeable does not belong to our real self (the soul). A Hindu scripture states: *Those who are seers of the truth have concluded that all what is temporary (such as the material body) is illusion and the eternal (the spirit soul) is reality and never changes.* (Bhagavad-gita 2:16).