

# Being Soul



by Omnec Onec

**T**he Soul is the real essence of every being.

Every individual on every planet is Soul – nothing more and nothing less. Through the Laws of the Supreme Deity, we do not stop at saying, “I am Soul”, or merely believing it. We **know** it through our conscious experience in the Soul body, using our most powerful senses and faculties which reside there.

Soul is so real that no one should have to wait until death to learn about its reality. It can be experienced now. In the physical world, Soul is usually considered to be located at a point just between and behind the eyes of the physical body. However, you as Soul can also learn to detach yourself from the physical body while it is still alive, so that you may be several feet from the body, miles away, or in one of the worlds which the religions call Heaven.

**Soul is a unit of awareness. It can know, be and see. Much more cannot be said about its basic nature, except that in quality, Soul is a duplicate of the Being called God.** If you were to close your eyes and sit very still, away from noises and distractions, you will find one point in the body where you are most awake. Usually it's a spot in the center of the head behind and between the eyes, which can be separate from, and aware of, physical sensations, sounds, sights, thoughts, and feelings. We have an indescribable something which can observe all the things a person may falsely believe he or she is. This detached observer is **Soul, the real I.**

If you close your eyes and create the face of a friend on the screen of your mind, it would be Soul that is looking at the picture. The mind is not looking, because it is only the tool used to form and hold the image.

Another way to experience the reality of Soul goes like this. As I speak to a friend, are the words coming from my mouth? Of course not! But if I were to watch carefully as I speak, being fully aware of each word as it comes out, I will begin to notice that something is listening to those words.

It is not a thought, but a unit of awareness. Why is it not a thought, or the mind? Because I can think a certain clear thought as, “I wonder if there is a difference between the mind and Soul”, and be aware of it as the thought passes through my mind. The still, silent something, which watches thoughts being produced by the mind, and knows they are thoughts, is the unit of awareness we call Soul. Very often we confuse thoughts with the unit of awareness that can watch them. We can have a thought such as, “I am fully aware of my thoughts”, accept it as true, and forget that it too is only a thought. It too can be consciously watched as Soul. **The awareness and the mental world of man are two different things.**

By far the best way of finding out that you are Soul is to leave the body in Soul form while you are still living. This is called an out-of-body experience and it proves that you are something beyond the physical body.

It is useless to become involved in how old you are as a Soul, because Soul Itself exists beyond time and space. Counting the many lifetimes before this one, you are easily many millions of years old. Through all those lifetimes you have remained the individual, and **you will continue to be an individual after the last physical incarnation.** The physical bodies, personalities, surroundings, and experiences may have changed, but always there was the real awareness, the real you, learning lessons and unfolding spiritually. To learn, grow, and awaken were the reasons that Soul came into the physical world in the first place, eons ago.

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