



Electronic mini-mag distributed every full moon

# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Five

25 July 2010

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Welcome to the July edition of Transcendence.

We are very happy to announce that from this month *Transcendence* will be freely available to the public - no more subscription fees. In order to have each monthly link to the downloadable pdf file delivered directly to your in-box, just visit our website at [www.transcendencemag.com](http://www.transcendencemag.com), click on the 'subscribe' link and enter your email details. We will also be posting the link on our Facebook wall and Twitter profile each month. So enjoy and share.

The July full moon is when Hindus celebrate what is termed 'Guru Pournami', during which time one's spiritual teacher is given special reverence. During this month Buddhists also celebrate the anniversary of Buddha's first sermon, Moslems fast during 'Lailut-al-Barai'ah', the Islamic night of forgiveness when Allah is believed to register the deeds of humankind and to determine their fates for the coming year and, shortly afterwards, in early August, Christians celebrate the transfiguration of Christ when his body was transformed to one of light as witnesses experienced his communication with Moses, Elijah and God.

With universal mind, let us take the time over the next month to focus on each of these great spiritual happenings. Let us revere our spiritual Masters, teachers or Gurus and show our appreciation for their presence and selfless service. Let us celebrate our 'second birth' when we first began our conscious spiritual journey inwards. Let us make an effort to take stock of our own past and present actions and understand how they will affect our future and take steps towards a greater awareness of our thoughts and actions on a daily basis. And, finally, let us develop a yearning for our own personal transfiguration when we will communicate directly with God and experience His light personally. And let our yearning influence all that we do in our dealings with others as well as during our quiet alone times of meditation and prayer.

In Love and Service, always,





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*Two photographers. Two points of view.*

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## Heavenletter # 1105 - An Ocean of God

GLORIA WENDROFF

God said:

This life you live is an opportunity for greatness. Adjure to it. No matter what you may think, you are rising to greatness.

If greatness is a ladder you climb, you are climbing it. This is an extension ladder you are on, and when you reach the top, you find there is higher yet to go. And so you keep climbing.

Others climb the same ladder with you, and as you climb, their climb is made easier.

You are one who ventures where no one else has gone. And you are one who cares about those who seemingly come after you and before you.

Each Human Being has his own style of climbing, but everyone climbs the same ladder. With every step you take, the ladder becomes sturdier for everyone else. In this way, it can be said that everyone gives a helping hand. You pull others with you. And those you pull up bolster you. The ladder is steady. You can be secure on it. There is nothing else for you to do but keep going up it.

Of course, in truth, there is no climbing. We could just as well say you are remembering. Realizing. Something dawns on you, and it becomes first a possibility and then a certainty. This dawning cannot come from outside you. It can only arise from within. No one can convince you of it.

We could say self-realization is like a foreign language. Others can speak it. Others can help you learn it. But no one can learn it for you. You are the one who must catch on.

Or We could say it is like learning to read. A teacher may teach, but learning how to read is your discovery.

Getting back to Me in your awareness is just as natural as eating and sleeping. No one had to teach you those. They are something you always knew. But when it comes to Me, you got distracted from Our connection. We could say you got blindsided.

We could say that I am the ladder you climb, and I am the One Who helps you climb the ladder, and that I am also you, climbing the ladder of Myself. We could say that We are so entwined that it is impossible to extricate you from the ladder or the ladder from you. There is no pulling them apart one from the other. Welded are We.

Anywhere you turn, you turn in My direction. I am here, everywhere. That is Our arrangement. Together We breathe. Together We are One.

The simplicity of Our Oneness — puzzling to you — is amazing. That it is so simple is amazing, and that you puzzle over what is already in your hand is even more amazing.

That you deny your Beingness is as incredible as an apple's denying its appleness. Or an apple's denying that it grew from a tree. Or water denying that it is wet.





You swim in an ocean of God, and you ignore, supercede, disregard, scoff, downplay the very buoyancy of you. To deny yourself the mutuality of Our love has to be the greatest illusion ever perpetrated on earth.

Why deny yourself awareness of your Source? Sooner or later you will come to it. Why not now, My beloved? Why wait a minute longer?

You may say it is up to Me, and that you have been waiting. I am telling you that you are a lamp that is lit. Why then do you wait for Me to light you?

You are in My embrace now. We are Love now. You do not wait for what has already transpired.

SOURCE LINK TO THIS ARTICLE

## Inspirational Quotes

God said:



***When you desire, it is already yours. It desires you. Whatever you long for, it longs to be yours. You do not call to it in isolation. There is reason for your desires. Now know that they are fulfilled.***

Heavenletter #646 - Desire



***You are surrounded by Divine grace. It does not just happen to other people. It does not just happen to you once in a while. You are inundated with Divine grace. Only you are oblivious.***

Heavenletter #514 - Divine Grace



***My Will is not at all as you have thought of it. You have thought of it as something outside you, something often opposed to you, something arbitrary, something that you cannot grasp and cannot tolerate. You have forgotten that My Will is the very essence of you.***

Heavenletter #1017 - Discover Your Wings



***You were born to dream. Your dreams are not fantasy. They are realization that you are growing towards something wonderful.***

Heavenletter #1765 - Dream Your Dreams



***You have your ideas of what life should be, and life doesn't always listen.***

Heavenletter #2150 - Deep in Eternity

Ten years ago, after a spiritual awakening, I started writing letters to my inner self and got answers. After a while, I thought: "Hmm, if I can address myself and get answers, why not with God?" I had always heard to go to the top, so I started asking questions to God, first for myself and later for others, and God answered with a common sense and vision far beyond anything I could ever have thought of. And then questions were no longer necessary because God just started coming in with what He wanted us to hear. One thing about God, He wants His words shared, and so Heaven Letters is emailed out every day.

GLORIA WENDROFF



**Heaven Letters™**  
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*Everything God says is meant for you, and each day's Heaven Letter contains a new message God wants you to hear that day. For people of all faiths, or of none, Heaven Letters are like a walk you take with God. With each step, you come closer until you find there is no distance between you and God.*

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## Vedic Astrology Report for August 2010

SWAMI SHANKARANANDA

**ARIES:** Another month of personal pleasure, until 23rd August. Also, during this period you may find yourself working very hard so be sure to focus on your health during this time, or take a holiday if possible.

**TAURUS:** During this month your patience will be tested. You may lose your patience. This is your time for perfection in everything you do so carry out every task without oversight or mistakes as this could cost you dearly.

**GEMINI:** A difficult time for you until the 23rd August. You need to be fast and sharp in making any decisions. Watch your utility bills as some could be astronomically high. There may be some impatience in your love life.

**CANCER:** There could be a powerful relationship struggle during this time. If married your parents might have some conflict with your spouse so home matters may be stormy with emotions running high in the household. Take care of your health this month.

**LEO:** Personally, this is a very slow month for you in order to teach you patience for times ahead. Do not force anything, just let things happen and move on. Financially, and on the work front things could be complicated. Your health needs attention especially from the 26th to the 31st of the month.

**VIRGO:** This could be a very spiritual time for you with much mental expansion and inner understanding. This is a time for self-accountability. Your involvement in karma yoga could be an insight to others. Financially you may have a problem from the 11th to the 15th and from the 25th to the 26th. Health is good but avoid arguments at all costs.

**LIBRA:** Great improvement in your health but it still needs some attention. Your love life should be great but you should clear out any instability in your love life. Finances are good, nothing to worry about but avoid risky dealings.

**SCORPIO:** Excellent finances still prevail. This should be the highest period in all aspects of your life, but you need to be careful with your financial judgement and confidence. Avoid financial shortcuts. Health needs attention: kidneys, hips and heart. Prayer and healing therapy can help.

**SAGITTARIUS:** Career progress this month. Always be ready and available to do whatever study is required for career progress. You may relocating within your workplace after the 20th. Take extra precautions when dealing with your seniors. Health needs much attention. See a doctor soon. The effects of the eclipse can be seen during this month. Finances will take some strain.

**CAPRICORN:** Slow your financial commitment during this difficult financial period. Use excess cash to pay off debts and avoid risky investments between the 26th and the 31st. Home life should be good and health will be improved.

**AQUARIUS:** This is the time to refresh your activities for 2010. Your love life should be great but with slight problems after the 23rd. Health is good with only minor issues. Finances will improve slowly and work will also see some progress. Lots of interesting happenings during this time.

**PISCES:** A very positive month, although the effects of last month's eclipse could still have some control. There should be improvement in your love life and you should feel a greater happiness in general. This is the time to improve your passion for perfection. Health is good, finances are fair.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI  
**SWAMI SHANKARANANDA MAHARAJJI**

Jyothish Visharat, Jyothish Samrat,, KP Hororatna,  
Jyothish Vachaspati, Honorary Jyotish Blaskara Award.

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Vedic, Siderial or Jyotish astrology is at least 4000 years old and is the traditional system of astrology in India. It is an excellent tool for helping us to understand our life purpose and in advising the correct times for decision-making. Vedic Astrology is revered for its accuracy in predicting events and major life trends and is based on the siderial zodiac which is used to calculate the planet positions according to observable astronomy.



## Guidelines to Dedicated Discipleship

ROY EUGENE DAVIS

For a disciple who aspires to be spiritually awake and is fully committed to practices which allow ideal results to be experienced, discipleship is easy, natural, and enjoyable. A dedicated disciple should do these things: (1) Discipline your thinking, feelings, and behaviors. (2) Live with a clear sense of meaningful purpose. (3) Profoundly study metaphysical (higher) realities. (4) Intensively engage in spiritual practice. (5) Nurture a conscious relationship with the God.

Dedicated discipleship will permanently free you from all of the conditions that formerly clouded your mind and confined your awareness. You will discover that your mental states and states of consciousness determine your actions and everyday experiences and circumstances. The mastery of attention that you acquire will improve your powers of concentration and enable you to accurately discern the truth of what you observe. The influences of superconscious states brought forth by your skillful practice of meditation will purify your mind, clarify your consciousness, and elicit your innate powers and capacities along with flawless knowledge of your true nature and your relationship with the Infinite.

You do not have to be confined and limited by ordinary states of mind and consciousness during your sojourn in this world. The ultimate stage of spiritual awakening to which to aspire is to be Self- and God-realized: spiritually enlightened and liberated from conditions that formerly limited you.

Until liberation of consciousness is complete, because the ego (false sense of self) is not yet purified, one may still think of the ultimate Reality as a presence with which to enjoyably commune rather than knowing that one is a unit of it. Communion with God can provide a sense of being anchored in the Infinite and purify the mind and regenerate the body. As long as there is a sense of being separate from God, even though a sense of relationship exists, continued contemplation of the reality of God is needed until actual realization (vivid experience along with accurate knowledge) of God is constant.

Glimpses of Self- and God-knowing may be had during early stages of spiritual awakening. With sustained aspiration and concentrated endeavor, Self- and God-knowing will prevail during interludes of superconscious meditation and when you are engaged in ordinary activities and relationships. Have liberation of consciousness in your present incarnation as your ultimate aim. Live a well-balanced life, skillfully perform your duties, and adhere to wholesome lifestyle regimens and effective spiritual practices that allow your innate, divine qualities to emerge and be expressive. In the years that yet remain for you to live in this world, choose to do all that can be done to nurture your spiritual growth. Having done that, the supportive influences of grace will assist you to your freedom in the wholeness of God.

Dedicated discipleship will enable you to more easily rise above and efficiently remove all obstacles to natural spiritual growth and quickly fulfill your spiritual destiny.

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951 and appointed as the minister of the Phoenix, Arizona, Self-Realization Fellowship Center in March 1952. In 1955 he began his mission as an independent Kriya teacher. Since then, he has taught in more than 100 cities in North America and in Japan, Brazil, Europe, West Africa, and India. He is also the publisher of Truth Journal magazine and writes monthly lessons for CSA members around the world.



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Truth Journal Online



## Letting in the Light

LUCIS TRUST

The spiritual sciences acknowledge that the majestic path of the sun through the heavens nurtures the higher development of the human family. Each month unique energies are available that play upon and impress the human psyche, drawing out the spiritual essence in those who are responsive to the cosmic dance of constellations, sun and earth. This is particularly so at the time of the three spiritual Festivals - Easter, Wesak and Goodwill. During this period there is an increased opportunity on the part of humanity of 'letting in the light' and so revealing the emerging divine pattern. At these Festivals, the pivotal link of humanity acting as a lighted bridge in consciousness between the transcendent and the material realms, is emphasised.

The fascination and mystery of light has occupied the attention of great thinkers down the ages. But it is only in the last three to four hundred years that major advances in its study have emerged from such eminent scientists as Galileo, Newton and Einstein. The science of light is revealing new ways of understanding the physical universe. For example, through the work of Edwin Hubble in the 1930s and his observations on how light appears to be moving away from or towards a source, scientific thinking concludes that we live in an expanding universe. In metaphysical terms, we can interpret this idea to mean that consciousness is not limited or static, but is expanding, and engaging us with ever higher patterns of energy.

The penetrating light of the spiritual dimensions, too, is revealing the complexities and disparities of our modern age, with its limitations and inadequacies, and yet out of this apparent chaos is emerging a new, ethical, global society. The impact of the awakening consciousness of humanity is influencing all facets of human life - from politics to science, from religion to economics, from transportation to education, and from the environment to health provision - all are coming under the close scrutiny of human thinking and planning. Every day, meetings and conferences at local, national and international levels are held focusing on the pressing needs of humanity. Many pressure groups, NGOs, leading servers and visionaries are piercing the veils of illusion to reveal a brighter, sustainable and more enlightened future for humanity.

At this juxtaposition in planetary affairs, the clash of the old ideologies and the new ideals is polarising human consciousness. No doubt this sense of crisis is indicative of the success of the evolutionary process and of the growing responsiveness of humanity to embrace the higher ethical values. Slowly the weight of public opinion is tilting the balance on to the side of the forces of light and progress. Humanity is awakening to its spiritual destiny.

*The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.*

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## How to live in the here and now

SWAMI KRIYANANDA

An important part of Paramhansa Yogananda's mission was to help people understand, in very practical terms, how by living in the present, they can achieve eternity. In God, space and time don't exist. In God, there is only here and now. People who lived thousands of years ago are here right now. So also are people who live in other dimensions—they're all here. But that's something that maya or delusion doesn't allow us to see. In maya, time seems to be passing.

When you transcend the ego and realize your unity with God, you know that time and space are not a reality. It's as Paramhansa Yogananda, wrote in his poem: "Present, past, future: no more for me, but ever-present, all-flowing I, I, everywhere!" All the great ones live in the eternal present. For example, there was the time my Guru asked one of the disciples, Mr. Rogers, who had been a professional house painter, to paint a room. One or two days later, but before he had bought the paint, Mr. Rogers was present when Yogananda was showing the room to his most advanced disciple, Rajarsi Janakananda.

Yogananda said, "And he painted this whole room all by himself." The room hadn't even been painted! But Yogananda saw everything as done. For him, everything was . The key to living in the here and now is non-attachment. You need to feel that family, your job, your children—is a part of the Infinite, and that nothing belongs to you, particularly. When you are attached, you view your happiness as dependent on someone or something outside yourself. With family and children especially, this makes you want something from them, which causes you to look to the future. To be non-attached to loved ones is to love them, in God and not as your own. It is to love them more not less, because impersonal love is not dependent on someone's feelings for you. Freed from the constrictions of selfishness, it's something you hold in your heart at all times, regardless of circumstances.

Patience is another aspect of living in the here and now. To be patient, is to be non-attached. For example, I wrote a book on my Guru's commentary on the I began work on it October 3, 2005. In less than two months I wrote over six hundred pages. How was that possible? When I do something, I take one moment at a time, and I don't let anything else enter into my mind. That's something you couldn't do if you were impatient. But with that approach, I'm living in the present. And you find that you can accomplish what seem like miracles because you banish time. You can get things done virtually in the present. To live fully in the present, you also have to accept reality as it is. You can't wish things to be other than they are.

Once, on my way to go skiing, I applied the brakes of my car and skidded on a patch of ice and rammed into the side of a large bus. Though barely scratching the bus, the car was put out of commission permanently. Intent on continuing our trip, my friends and I all happily piled out of the car and entered the bus. As we did so, a passenger, commiserating, exclaimed "What a pity! You've totaled your car!"

I was viewing the incident as an abstract event, about which I'd obviously need to do , but not immediately. I replied, "Whatever the case, I'd be happy again in another week. Why waste that time in feeling sorry for myself? I'm happy right now!" It's attachment to our view of "how things should be" that causes us to respond negatively to unexpected events. Why let yourself be a slave to circumstance? Learn to accept reality as it is. Whenever you find yourself reacting with delight to events or circumstances, tell yourself firmly, "It won't last. I refuse to let my happiness be conditioned by anything outward." Similarly, when tempted to feel sad or sorrowful, tell yourself, "This inconvenience is temporary. Eventually it will yield to its opposite."







Meditation enables you to accept reality as it is, even if it becomes a nightmare. Living on a higher level of consciousness brings wisdom and detachment, and the recognition that every reaction is followed by its inherent opposite. Accepting reality as it is includes being patient with people, accepting them as they are, and not wishing them to be different. Interestingly, you can do much more good for people if you have this attitude.

If you say, “Well, he’s doing the best he can for who he is,” and work with that reality, you will find that you can inspire that person to want to be better. But if you keep telling him, “You shouldn’t do this,” and “You shouldn’t do that,” he will just dig in his heels and be more that way. The same thing applies to yourself. Accept yourself as you are. Tell yourself, “I’m doing the best I can for who I am.” With that attitude, somehow everything works out for the best. You can make a difference once you’ve accepted reality as it is.

Distance in time and space surrounds places and events with an attractive halo. Grass looks greener, as we know, at a distance. The past, similarly, assumes a dreamlike quality that bears little resemblance to actual experience. And the future suggests a shining contrast to the gray present. Whittle away at all such false images. You won’t change merely by transporting your body elsewhere, either in time or in space. For wherever you are, there—quite simply—are : the same old moods, the same headaches, the same fatigue and seizures of selfishness and anger. So whittle away at your dreams and attachments. The more non-attached you are, the freer you will be. The more you learn to live fully here and now, completely accepting the present, the more energy will be released for you to enjoy the present. Yogananda said, “Most people live in the past or the future. When you can be truly happy in the present, then you have God.”

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## Who's Your Hero?

ROD BRIGGS

Much has been made recently of people the media has dubbed heroes. The way in which we love to identify with these icons says a great deal about us as a society, not all of it very good.

Traditionally a hero was a person who was a champion, one who took the place of another on the field of battle, this usually entailed great sacrifice, often including death or mutilation for the good of others. It involved purely selfless acts. Today true heroes are, as ever, a rarity. Most of them work, unsung, behind the scenes, in various fields of human endeavour, the very nature of heroic struggle is self effacing and, therefore, predominantly not undertaken with the media or glory seeking in mind. The ancient tradition of the hero as dragon slayer is analogous of the slaying of the human ego, the true heroic journey on the road to enlightenment which we all must face. In recent times the hidden meanings behind the mythic stories have, in the main, been forgotten, subsequently we have lost the plot.

As human beings in the twenty first century we identify with well known figures due to a lack of our own self-worth and incorrectly label these sports figures, politicians, TV and radio personalities, business moguls, pop idols and religious leaders as heroes.

It has long ago, sadly, reached the point where governments and the media in general, hi-jack the mythology of heroism for their own ends. The best recent example being the luckless souls who were trapped in the World Trade Centre during the recent terrorist action there. Branded by all and sundry as "The Heroes of 9/11" the world watched and glorified them while the Bush Administration shamelessly exploited their tragic demise. They were not heroes. They did not have any choice in the unfolding of events.

If you fight to stay alive, no matter how great the odds against you or how uneven the battle, nor how sorry the rest of humanity feels for your terrible plight, you are not in a heroic struggle. Heroes are those rare individuals who knowingly put their lives on the line when they have a choice not to.

We all get given the opportunity throughout our lives to act in an heroic manner. With grace and fortitude, sometimes, we may even make the higher choice.

Namaste

***The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.***

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk



shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

[www.mindlinkfoundation.com](http://www.mindlinkfoundation.com)





## Slaves to thought

SWAMI MURUGESU MAHARISHI

“Cogito Ergo Sum” - I think, therefore I am - is a confirmation of a great philosopher, Rene Descartes. Although this is not correct according to spiritual science, we can take it as correct for modern man because without thinking man cannot act nor does he understand things. In modern men the same consciousness is not felt by any means and what he feels as ‘I’ is nothing but his mind. When mind becomes dull he loses his self-consciousness. When a man faints and when his mind is stilled by the introduction of chloroform, he loses consciousness. So we can safely say that ‘mind is the soul’ for modern man.

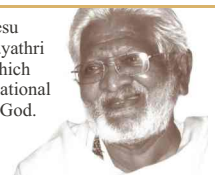
By thinking only man acquires knowledge of the world. And by thinking only, he performs any bodily action. After some deep thought one starts up a business, or comes to a conclusion that he should open a factory or take up a certain career for his livelihood, or even resign from his job. After thinking a person comes to the conclusion that his acts are either virtuous or sinful, or feel sorrow for the demise of a relationship because he thinks about it. Every action of man takes place only after he has thought about it first. Without thinking there is no action of any kind in man. Good or bad, benefit or harm, pain or pleasure, takes place in body and speech only after a person is conditioned in thought.

No man will ever think about a thing that will cause him pain or worry. Not even an amoeba will think of any such thing. All men think and work in expectation of happiness and pleasure. But we know well that, though man does work in expectation of gain and profit, he reaps great loss. He marries in expectation of a happy family life, but many husbands and wives quarrel between themselves so apply for divorce. All parents expect their children to be pious but many feel ashamed when their children misbehave. Or on his way to an appointment a person may have an accident and lose a limb. Now, why does man suffer such worries and calamities when he thinks and acts in expectations of happiness? Some say this is due to chance but it is proven by scientists that there is not such thing as chance as for every action there is an equal reaction. Everything takes place under the law of ‘cause and effect’. For example, if we toss a coin, it will either fall showing heads or tails. One may say that this is due to chance, but the position of the coin before it was thrown and the speed of the throw were affected by the atmospheric pressure and gravitational pull which caused it to fall either way. No action in the universe takes place by chance and all have sufficient cause behind them. It is now proved that even volcanic activity and earthquakes have a definite cause.

So, what causes man to think and act in expectation of happiness but suffer instead? This is an unsolvable problem among philosophers and psychologists. The basic principle for this is found in the premise that man does not think and act of his own accord. His thoughts are aroused by an invisible principle which makes him think either happy or painful thoughts. Most of man’s thoughts are kindled by karmic impressions which give him pain or pleasure at a particular time. It is said, “Uinasa Kale Vipareetha Buddhi” - when our karma decides to give us pain and suffering it kindles such thoughts in us and we act accordingly, which causes us pain. What I’d like to conclude here is that man does not select all of his thoughts by free will but many thoughts arise in the mind by the action of invisible karmic impressions stored in the subconscious mind. How can this be overcome, and how can we become masters of our own thoughts? The answer to this question lies in directing our vision to our dependence on karmic impressions and then undertake the necessary yogic practice.



Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





## Know Thyself: The Body/Mind Connection Part V

TRACY WHITE

### Interpreting Information

The best place to begin is to identify what is physically wrong with your body. Each area is important as it may be something individual or have an overlapping concern with another area. We are also concerned with the sensation that is connected with the area of discomfort. Sometimes the words describing the condition and how it feels goes a long way to connecting the emotional/mental connection with our body. The body manifests unconscious patterns, ones that go unacknowledged, denied or ignored. Usually if we look back 6 months to a year we can identify the issues connected to our physical problems. The mind only used the body as a last resort to get a message across. Ideally we should train ourselves to listen to the messages of our feelings and deal with them long before they become a physical problem. Of course once our minds have manifested the message through our body, it can take a period of time to un-manifest it again. In the meantime the information is still lodged in the body. Sometimes there is a benefit that being unwell brings. Attention is a very addictive side effect and deterrent for getting better. Some people use their past lives as a reason for what they are currently experiencing. It is more realistic to focus on this life and issues relating to our present incarnation. Some issues we have manifested are connected to our early childhood. Regardless of when the problem occurred, anything that has been created needs to be looked at and resolved.

Recognizing the recurring patterns in our lives is not always enough to release the issue. These are often deeply embedded in our mind bodily tissues. Integration is what is needed. Understanding the language of the mind-body is the first step to healing. Taking responsibility is the next step and really working on loving ourselves in spite of everything. Tools like meditation, visualization, bodywork, counselling, and even prayer are wonderful in the healing process. We need to recognize and accept our own role in the creation of our health. I do believe that there is a place for every form of healing and that includes the medical profession. They are so important when you are dealing with life threatening illnesses and accidents, and help greatly with symptomatic relief. They are the first to admit that their prescriptions and advice are limited. And yet we have been taught to be so dependant on our Doctors to cure us.

It is absolutely acceptable to visit a doctor for advice and even medication, but true and complete healing comes from getting to know ourselves - warts and all! This can prove to be an emotional and painful process. But those emotions that we hold so close to ourselves are the ones that are harming our body. In most cases, this is where self forgiveness begins. It is not always about 'getting rid of' the emotion, but rather accepting that we are human, with programmes and beliefs, and we may have made mistakes and reacted badly in some situations, but we love ourselves completely and that includes any anger, worry, guilt, and self doubt that we have inside of us. Often those negative emotions loose power when we shine the light of love on them, and they just fizzle out. The most important question to ask yourself if you have a pain or illness in your body, is - am I ready to release this? What pay off am I receiving for having this pain/illness? Am I prepared to live with out it?

The following are affirmation that may help.

*"I am pure love. I am pure peace. I am in alignment with love and peace."*

*"I love my body. I move freely and easily. I am in alignment with perfect health."*

References: 'Healing Mind, Healing body' - Debbie Shapiro; 'You can heal your life' - Louise Hay

'Heal your Body - the mental causes for physical illness and the metaphysical way to over come them' - Louise Hay



# The Energy Centre

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## Glory to the Masters

SUREN PILLAY

It has often been said that philosophy is based on the criticism rather than positive reformatory ideas. Yet it has been the philosophers of our time who have had the greatest impact on the world's thinking. At large, the majority of people either choose to follow a particular philosophy, ignore it or stand against it. Whatever people choose to believe is their own God-given right. This cosmic right is man's true expression of free will as it grants the doer either the possibility of fulfilling mundane desires or to enter into a blissful yet never ending course of elevation and evolution. The gross materialist is thus faced with numerous opportunities to turn back to the divine, by electing any of the many paths leading back to Godhead. His choice ultimately determines his level of spiritual growth in any given incarnation and represents almost singularly his state of spiritual evolution at a particular point in time.

The philosophy of mysticism has been the source of much debate over the centuries, and even though it may arouse interest in the novice devotee, in many instances this interest is not strong enough for the devotee to start engaging in practices that result in spiritual experience. In the *Bhagavad Gita*, Lord Krishna states that four types of people come to him, among them are the wise, the wealth seeker, and the curious. Philosophy thus has the potential to bring in sincere aspirants as well as those who are just curious about spiritual practice. The vast majority of humanity view mysticism and with some degree of scepticism. However, when a survey was done as to how many people actually believed in a greater power, approximately 90% of the world's population is said to have some belief in a greater being than ourselves.

Somehow, when the intellect and heart do not act in unison, false truths born purely of mental conception dominate the thinking of an individual. This false thinking leads to absurd and sometimes disastrous results. Many religious wars are the result of false thinking which arises due to identification with the ego. Such thinking results in action that is never collectively beneficial. Its base of narrow-mindedness stems from a primal drive to satisfy to basic instincts of the body and sensory organs. The move away from such awareness, indicates a quantum leap in spiritual evolution as the individual is now becoming more self-aware, to a more complete and balanced understanding of life and its processes. This understanding leads one to deep innate wisdom of the mysteries of life and spirit. Such wisdom is not intellectual but intuitive. The human being now feels a need to experience an expanded state of awareness, to connect with those who are like-minded, and to assist those in dire conditions. This shift in perception is the beginning of the spiritual journey for most aspirants and marks what many might term a 'spiritual rebirth'.

Yet the process is a challenging one as the sincere desire to be enlightened is combatted by an arsenal of temptations and vices, ever ready to strike the novice aspirant when he is at his weakest. The devotee needs to guard himself against the opponents of temptation of vice to even have a glimmer of hope in realising the self. This is where the importance of the Guru lies. The Guru guides the sadhaka in innumerable ways to conquer the inner demons of lust, brutality and anger. The Guru's protection is an invaluable asset to the sadhaka in reaching his destination of higher consciousness, and his teaching is a living philosophy. Not everyone is blessed to have a Guru in their life and, if they do, it is a supreme spiritual gift, as the sadhaka can be corrected and guided directly on the physical plane, with no ambiguities about what habits need to be extinguished and what qualities need to be enhanced.

In this holy month, dear brothers and sisters, let us honour our spiritual masters if they are living and if they have passed on let us live in their message of truth. If a saint has produced even one Master, that Master will surely stand as testimony to that saint's teachings, ever ready to spread the gospel of undying love and universal understanding!

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

<http://www.aoi.co.za/index.htm>





## God, His Manifestations, and Man

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

Since there can be no tie of direct intercourse to bind the one true God with His creation, and no resemblance whatever can exist between the transient and the Eternal, the contingent and the Absolute, He hath ordained that in every age and dispensation a pure and stainless Soul be made manifest in the kingdoms of earth and heaven. Unto this subtle, this mysterious and ethereal Being He hath assigned a twofold nature; the physical, pertaining to the world of matter, and the spiritual, which is born of the substance of God Himself. He hath, moreover, conferred upon Him a double station. The first station, which is related to His innermost reality, representeth Him as One Whose voice is the voice of God Himself. To this testifieth the tradition: "Manifold and mysterious is My relationship with God. I am He, Himself, and He is I, Myself, except that I am that I am, and He is that He is." And in like manner, the words: "Arise, O Muhammad, for lo, the Lover and the Beloved are joined together and made one in Thee." He similarly saith: "There is no distinction whatsoever between Thee and Them, except that They are Thy Servants."

The second station is the human station, exemplified by the following verses: "I am but a man like you. Say, praise be to my Lord! Am I more than a man, an apostle?" These Essences of Detachment, these resplendent Realities are the channels of God's all-pervasive grace. Led by the light of unfailing guidance, and invested with supreme sovereignty, They are commissioned to use the inspiration of Their words, the effusions of Their infallible grace and the sanctifying breeze of Their Revelation for the cleansing of every longing heart and receptive spirit from the dross and dust of earthly cares and limitations. Then, and only then, will the Trust of God, latent in the reality of man, emerge, as resplendent as the rising Orb of Divine Revelation, from behind the veil of concealment, and implant the ensign of its revealed glory upon the summits of men's hearts.

From the foregoing passages and allusions it hath been made indubitably clear that in the kingdoms of earth and heaven there must needs be manifested a Being, an Essence Who shall act as a Manifestation and Vehicle for the transmission of the grace of the Divinity Itself, the Sovereign Lord of all. Through the Teachings of this Day Star of Truth every man will advance and develop until he attaineth the station at which he can manifest all the potential forces with which his inmost true self hath been endowed. It is for this very purpose that in every age and dispensation the Prophets of God and His chosen Ones have appeared amongst men, and have evinced such power as is born of God and such might as only the Eternal can reveal.

Can one of sane mind ever seriously imagine that, in view of certain words the meaning of which he cannot comprehend, the portal of God's infinite guidance can ever be closed in the face of men? Can he ever conceive for these Divine Luminaries, these resplendent Lights either a beginning or an end? What outpouring flood can compare with the stream of His all-embracing grace, and what blessing can excel the evidences of so great and pervasive a mercy? There can be no doubt whatever that if for one moment the tide of His mercy and grace were to be withheld from the world, it would completely perish. For this reason, from the beginning that hath no beginning the portals of Divine mercy have been flung open to the face of all created things, and the clouds of Truth will continue to the end that hath no end to rain on the soil of human capacity, reality and personality their favors and bounties. Such hath been God's method continued from everlasting to everlasting.

### SOURCE LINK TO THIS ARTICLE

The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



## Bahá'í Topics

*Religion bestoweth upon man  
the most precious of all gifts.*  
-BAHA'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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Maitreya is the World Teacher, the Master of all the Masters, the Head of the Spiritual Hierarchy of Masters, the Embodiment of the Christ Principle on our planet. He holds the office of the Christ and worked through the Master Jesus in Palestine for the last 3 years of Jesus' life. He is the Teacher or Avatar awaited by many faiths under different names; He is here for all humanity, not as a religious teacher, but as a spiritual teacher to uplift and bless all humanity, to heal and inspire us to make the needed changes in the world. His social concerns are reflected in His priorities. As He Himself says: "The problems of mankind are real but solvable. The solution lies within your grasp. Take your brother's need as the measure for your action and solve the problems of the world. There is no other course." Maitreya's message can be summed up in a few words: "Share and save the world." He has come to teach the art of Self-Realization. He comes to offer the love that he is, so that we may know the love that we can be.

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## The Search for Peace

BY THE MASTER through Benjamin Creme

Without doubt, the most important achievement by humanity would be the ending of war. This achieved, men's energies would be released to tackle the many other pressing problems which beset them today: the millions who starve needlessly in a world of plenty; the precarious ecological imbalance of the planet; the ever-widening gap between the developed rich and the developing poor nations; the growing incidence and fear of terrorism, ever more sophisticated; the hardship and fear engendered by the economic collapse around the world.

Some governments try to cope with some of these difficult problems while still others are main culprits and instigators of them. What can humanity do? How to start when each problem grows out of another, and all seem intractable?

From Our viewpoint, these problems are real and pressing, and stem from one single condition: the separatism which sits like a heavy yoke on the shoulders of humanity and prevents all action in unison. Ideology rather than reason still guides the minds and actions of governments whose decisions affect the lives of all. They seek friends and allies to support their position, and thus are built the power blocks which strive for supremacy in the minds and hearts of men.

Today, this problem is increased by the re-opening of the religious divide between Christianity and Islam. In a growingly secular world, the fundamentalist adherents of both religions are more and more bellicose, raising the temperature of confrontation to ever more dangerous heights. In particular, Islamic terrorism, in complete contradiction to the teaching of the Prophet, has brought a new dimension to the struggle for a peaceful world. How can this process be reversed? There is but one way to grapple with these problems, one which has never been tried but which, at a stroke, would ease the lot of countless millions and bring, at long, long last, true and lasting peace to a world in agony.

### Seamless

Men must realize that they are not separate, never were and never shall be, that they are part of a divine and seamless whole which enfolds us all, to which, in our own way, we give the name of God. Men must realize that God is peace, is justice, sharing and trust, and that their fear is also the fear of their brothers. Maitreya's task is to show men this truth, and to remind them that at the core of their yearning lies the peace they all desire, waiting to be made manifest.

SOURCE LINK TO THIS ARTICLE

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The Master is a senior member of the Hierarchy of the Masters of Wisdom; His name, well-known in esoteric circles, is not yet being revealed for various reasons. The Master dictates messages from Maitreya to Benjamin Creme who is in constant telepathic contact with the Master. Share International is a worldwide network of individuals and groups whose purpose is to make known the fact that Maitreya, the World Teacher for the coming age and his group, the Masters of Wisdom, are now among us, emerging into the public arena gradually, so as not to infringe human free will.

British futurist Benjamin Creme, artist, long-time student of esoteric philosophy and foremost spokesperson for this message, has for more than 30 years been preparing the way for Maitreya's emergence. He is the author of numerous books, translated into many languages, and editor of Share International magazine.

**SHARE**  
— International —  
<http://share-international.org>







## The Youth of South Africa and the World

SWAMI SHANKARANANDA MAHARAJI

South Africa is in itself a young country, barely twenty years old in its current state of 'freedom'. The highest population of this young country is that of the youth and, in the next five years this number is definitely going to double. This is true for the whole world. Now is the time, with this magnitude of youth, to utilise their immense potential.

In South Africa there is a great youth evolution at a very subtle level. This is happening in the townships, specifically. Let us direct our youth to work positively, but not the way many of the current aggravating leaders propose.

Youth is the spring of life, that comes before the summer days. All have their sparkling charm, filling every part of the body with positive vibrancy, zeal and enthusiasm. The stage of youth transits from childhood to adolescence, just as spring merges into summer. Great changes happen, most of which are chemical and hormonal, and which influence emotional and physical transformation. The youth are very impressionable, and many thoughts occur within this period of life - thoughts often influenced by modern leaders.

The youth can be easily lead astray by sexual attraction, which becomes too predominant too soon; and they often tend to look at everything without constraint. These are the some of the distractions that steer the youth away from a bright future and which cause many of them to lose out on so much in life. Nevertheless, others use this period of life to seek their own life purpose, as often transient pleasures become boring and so lead them to search for a greater meaning to life.

Anger is a vital weakness in today's youth. Their habit of blaming the system often turns their anger into violence, inciting many to start revolutions, while some become spectators to revolutionary activities, and others become innocent victims. To make this worse our teachers and leaders fail to understand this psychological situation, therefore no proper device is put into place to absorb or channel the negativity of the youth during these times.

In order that the power of today's youth be harnessed and made functional, leaders and teachers need to supply some sort of spiritual perspective. It is not the youth who are bad but we, their leaders, who have failed to recognise their potential and lead them effectively by teaching them right morals, proper understanding and ethical life values. Universities, colleges and schools need to change their approach and parents need to be in control but with greater understanding. If the youth of South Africa and the world are transformed, the superpowers ruling in the next five to ten years will be today's youth with the right values.

Yoga is one such method that teaches universal morals, values and inner discipline and an activity that would be appropriate to promote in today's youth culture. We appeal to leaders and educators to research this field and incorporate it in a non-denominational way into the educational system of our country.



The Jadatharaya Institute of Right Living and Yoga is a non-profit organisation, based in South Africa, and formed in 2005 by Swami Shankarananda in order make available to dedicated aspirants, the traditional methods of yoga, specifically the 18 Kriya Postures of Babaji Nagaraj and related practices of meditation and spiritual living as ways to attain enlightenment. Swami Shankarananda was initiated by SAA Yogiar Ramaiah into Kriya Yoga and instructed to teach the techniques to serious and dedicated aspirants.

For more information visit [www.jadatharayayoga.blogspot.com](http://www.jadatharayayoga.blogspot.com)



## Readers' Inspirations

### Salutations to the Master

His protection invaluable, advice indispensable. Truth undeniable.  
His life is indomitable, His message universal, and his practices infallible.  
Yet he lives, breathes and function in the same space we exist.  
Let us not revere, but obey,. Let us not argue, but understand,  
And greatest of all let us love, not differentiate!

SUREN PILLAY



### Glory to the Great One

Glory to the great one, whose breath gives life to all,  
Whose beauty is seen all around, whose shine radiates this mortal plane  
Whose dance of creation brought us to existence.  
I bow to this magnificent form, the universal light, the cosmic dancer  
The radiant sun, and await  
Your blessing.

BAPI

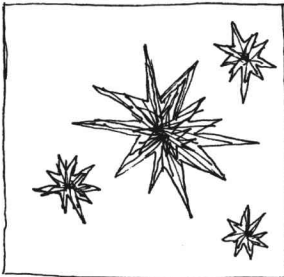


So long as we believe in our heart of hearts that our capacity is limited and we grow anxious and unhappy, we are lacking in faith. One who truly trusts in God has no right to be anxious about anything.

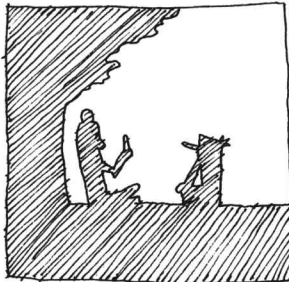
PARAMAHANSAYOGANANDA

## the chronicles of puglananda\*

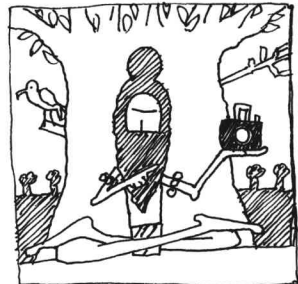
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After a 5 min meditation...



Gurujī: any questions about the meditation?  
Puglananda: Gurujī, I saw flashing lights. Does this mean I'm near enlightenment?



Gurujī: that was my camera flash!

\* Puglananda means 'bliss in stupidity'.



## Index of Resources and Online References

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### Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>  
14618 Tyler Foote Rd., Nevada City, CA 95959 USA  
Email: [sanghainfo@ananda.org](mailto:sanghainfo@ananda.org)

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### Baha'i International Community

Web.: <http://info.bahai.org> World news Stories. <http://www.news.bahai.org>.  
Tel: 011 462 0100  
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### Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>  
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA  
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### Essence Photography

Web: <http://www.wix.com/donnahb/Essence-Photography> (latest images viewable on Facebook page)  
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### Heaven Letters (TM)

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