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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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Welcome to the August edition of *Transcendence*.

We hope that everyone is enjoying and sharing the *Transcendence*. It is our aim to expand to more pages in 2011 so if you know of any writers who would like to contribute articles, or if you have a series of regular articles to share with others, please drop us an email with some samples, and we'll get back to you.

Sometimes in life, things don't always go according to plan. We have an idea in our head of how we want a thing to be and then it turns out differently. Such unfulfilled expectation can cause much pain, sorrow, heartache and frustration and all our efforts may seem to have been worthless. The problem with such a situation is that often we are unable to see the bigger picture and the vast opportunities that the Infinite has planned for us. In our small-mindedness, we think we've lost out on something when in actual fact, our negative situation is a doorway to something greater.

A common coincidental theme that runs through this month's magazine is that of conscious awareness and taking control of our mental faculties. Everything we experience, positive or negative, is a result of our conditioned thought patterns.

Let us take the time during August to reflect on situations in our life that didn't go the way we wanted them to and how these changes have led us to where we are now. How have we grown from the seemingly-negative? Has our growth enabled us to help others in a similar circumstance? Perhaps some of us are currently in a situation that isn't exactly what we want. Understand which of your choices brought you there and realise that there is a greater, more magnificent plan on your horizon. Live each day and every moment in awareness of this and you will attract expansion to your life.

In Love and Service, always,





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Heavenletter # 1231 - A Recognition of Oneness

GLORIA WENDROFF

God said:

When hearts touch, there is a recognition of the Oneness that is irrespective of whatever anyone thinks about it. The fact is that hearts touch all the time because they are already intimately connected. Connected is not the same as tied. Connected, hearts are free. The very connectedness makes the freedom from which there can be no departure.

. A glimpse of Light connects hearts. The Love and Light That I AM connects all hearts. I am the rays beaming out, and I am the rays beaming in. Connectedness is the theme of life. That is the high motif. Sense of Oneness is the realization of the One Connectedness. Oneness manifested, and you saw Oneness as a fleet. You saw details and configurations. Now you see Oneness. It is there. You almost grasp it. It is in your reach. Almost.

But in the world, even Oneness has overtones of meaning, many of which either escape you or lure you: That there is only One, or that the many are One United Whole, or that Unity fills in for Oneness, that the many in Oneness are One, or that there is only One Speaker and One Listener, and the One Who Listens is also the One Who Speaks, that there is One Mind, One Heart, that the One that seems All is One playing many parts, that the Soliloquy is really a chorus in unison, or that there is no chorus...

Actors, seemingly on the stage, are taking parts, unfolding them, reading from them, thinking the Voice they hear comes from their own throat, or, if from a seeming other, that there is a distance between the Voice spoken and the Voice heard, as if the One Voice came from many directions, as if multitudes were the reality rather than Oneness. Oneness is almost too much for you to accept. Anyway, you hardly know what to do with the concept once you have it.

The Ocean runs into many rivulets, but the rivulets are of the Ocean. They are streams of the Ocean. They are like rays of the Sun. You are My rays irradiated out to Earth, like playtime, like a recess, like athletic sports, like spokes on the Wheel of Life, as if differences really exist apart from Oneness, as if separation were real and Oneness illusory.

For, of course, you are an illusion, for you are no more real than the stock market, a mass illusion, that you have invested a lot in. You have bet your money on your individuality and, so, you follow the events of your life with intensity. All the while, the only Sure Thing is Oneness. Oneness is the centrifuge of imagined otherness.

But no matter the technicalities, you are My beloved. I Who am Love know how to love very well. I Who am the Creator created very well. I blew My Love into existence and you seemingly appeared, and, yet, all the time you are My Very Breath. You are My breathing in and breathing out. This is the beat of your heart. The beat of your heart goes to and fro and back again. Therefore, the beat of your heart is the beat of Mine, and one day you will know, just as well as you know the sound of your name, that your name is Mine, and Mine is yours, and you will know Oneness as inevitably as Existence. You will know that there is no everywhere or everything or every one. You will know that there is Oneness, and Oneness you are, and Oneness you can only be, and that you cannot depart from the seamless Oneness of All That Is.

SOURCE LINK TO THIS ARTICLE



Inspirational Quotes

God said:



You know how you might stare at someone, and somehow they seem to sense it, and they turn around and meet your eyes? It is like that. I am staring at you with My eyes of love, and I want you to turn around and see Me seeing you. Your little notice of Me is like a swelling wave. The wave lifts you closer to Me. You are on a billow of love as Our eyes meet and acknowledge Our kinship.

Heavenletter #133 - Enter my Presence



Allow hearts to be where they are. Each heart has its own path. Even if someone's ego interferes with their heart, you have to let it be. You are not a changer of others' egos. You are not a swordsman of others' egos. You are not a knight of egos. True, you are a knight in My court, but you are one who blesses with a spear of My love.

Heavenletter #318 - Everyone has His own Star



What if you could accept that everything is just right right now? That however life may appear to be, it is excellent and everything is working out in a perfect way? That what you see as toil and trouble are perfect stitches in the embroidery of life? That no stitches are dropped, and that the seeming random back and forth and in's and out's result in a work of art so brilliant and dazzling that, when finally you see it, you are in awe and utterly amazed that you are a participant in it.

Heavenletter #867 - Eternity



You are extraordinary. You do not want to be the everyday man. You want to be the exceeeder. Even if you are the only one in your circle, you want to extend Me wherever you go and wherever you are. There is nothing else for you to do, and why would you want to do anything else.

Heavenletter #1009 - Extraordinary



Criticism is a harsh thing. Be very careful with it. You may think you are doing some good with it. Perhaps you are. Too often it is you who feels good giving it while the receiver feels disheartened. Criticizing gives you a sense of satisfaction, perhaps, that you have educated someone. Even when you are correct, you may be incorrect to correct. Do not think that giving criticism is your due.

Heavenletter #1791 - Enjoy the Movie

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



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.

Visit www.heavenletters.org





Vedic Astrology Report for September 2010

SWAMI SHANKARANANDA

ARIES: Natural leadership qualities get more respect. Health still needs watching. Take time for rest and pay attention to heart and small intestine. Drive defensively. Don't take risks. Mind your temper. Pursue your career goals this month. Love opportunities for singles.

TAURUS: A sudden advancement is in store for you. Financial reviews and decisions should be done after the 12th. Health is good. Pay attention to kidneys and hips. You will be more popular, social and pro-active in love. Existing relationships will be tested. Singles may choose to marry.

GEMINI: Important career developments this month so you will need to balance family and work, with family taking priority. Take care of your health and be aware of the sensitivities of your partner.

CANCER: Career takes a back seat as family and home become the focus. Keep centred and calm and find your point of emotional harmony. Love is severely tested this month. Be careful not to live in the past.

LEO: Be aware of possible job changes or upheavals in the workplace. You may be working from home this month. Earnings go easier and may be increased. Health is good. A good time for renovations and family gatherings. Avoid foreign journeys on the 1st. A good time for advertising, short-term travel and studying.

VIRGO: Love is still under view and many doubts are still to be resolved. Avoid making major decisions. Moves and home renovation may happen now. Be patient with children. This is one of the most prosperous periods of your year. A good time to reduce debt and expenses. Health is good.

LIBRA: Look out for possible upheavals in the home with parents. Stay centred and calm. Friendships may also be tested. Spiritual values become more important to you than worldly values. Review your past and work towards wiping your slate clean. One of your best financial periods.

SCORPIO: You are entering a period of maximum independence and to create new situations. Friends are helpful in your career. You enter one of the strongest spiritual periods in your year on the 23rd. Love is happy and others go out of their way to please you.

SAGITTARIUS: A big reorganisation of your financial life is happening - for the better. You will be balancing family and work. Health needs watching. Get rest and relaxation. Watch heart, kidneys and hips. Avoid speculations and drive carefully.

CAPRICORN: Enhance your health by maintaining high energy levels. Let the lesser things go. Avoid risky activities. A good time for students with success in learning. Your social magnetism is stronger and singles have love opportunities.

AQUARIUS: Drive carefully, mind your temper and avoid arguments. There may be upheaval in a spiritual organisation you are involved with. A time for getting rid of excess in your life. A good time to detox or spring clean. Marital problems can be eased by a foreign journey or studying together.

PISCES: Things are still prosperous, but the pace is slowed a little. Put your career under review. A month of intense spiritual revelation and clarity. Watch health until the 23rd paying attention to heart, lungs, small intestine, arms and shoulders. Make more effort to show your natural love and warmth to others.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

Joythish Visharat, Joythish Samrat, KP Hororatna,
Joythish 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

When a person's innate urge to be spiritually awake is weak or is not nurtured, the usual inclination is to complacently adapt to existing circumstances and continue to allow egocentric tendencies to dominate thoughts and behaviors. When the innate urge to be spiritually awake is compelling, those who allow it to be influential are inclined to sincerely endeavor to have their awareness restored to its original, pure wholeness.

To be liberated is to be permanently free from conditions which confine awareness and weaken or diminish intellectual and intuitive powers.

The primary restrictive condition is lack of Self-awareness, caused by allowing attention and emotions to be overly involved with modified mental states and outer circumstances. Without Self-awareness, a false sense of self-identity may prevail. That is why so many people believe themselves to be mere physical beings, think and act from that point of view, and experience the sometimes unpleasant effects of their erroneous notions and misguided behaviors.

Choose to Have the Freedom That You Can Have Complete liberation of consciousness should be actualized in your current incarnation rather than be thought of as perhaps being possible to accomplish in the distant future. Acquire accurate knowledge of your true nature, the reality of God, and how to overcome or rise above conditions that keep your awareness confined. Conform your thoughts, feelings, and behaviors to your highest aspirations until they are always entirely constructive and life-enhancing. As your powers of concentration improve, it will be easier to be self-disciplined and to make right decisions.

Three attributes of one Reality that pervade the universe and regulate cosmic forces can influence the consciousness, mind, and behaviors of human beings. Their influences 1) purify and redeem; 2) transform; 3) resist movement or change. When purifying, redemptive influences are dominant or are nurtured by constructive thinking and holistic living, it is easy to be healthy, happy, and successful, and for rapid, authentic spiritual growth to spontaneously occur.

Transformative influences regulated by influences that are purifying and redemptive are constructive and life-enhancing. When mental or emotional restlessness is allowed to prevail or a sense of meaningful purpose is not clear, transformative influences may cause one to think irrationally, act unwisely or selfishly, or to cause or attract unsatisfying circumstances. When inertial influences are allowed to prevail, moodiness, apathy, blurred awareness, mental dullness, diminished intellectual ability, and feelings of hopelessness, helplessness, and of being physically heavy may be experienced.

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



Silence - A Priceless Gift

LUCIS TRUST

To cultivate the silence of the inner planes in the heart and mind is one of the most difficult injunctions before us, so caught up are we in the business of the outer world. Some might well claim it impossible of achievement without retiring to a quiet retreat; and indeed, there is a current proliferation of such places, offering a welcome break from the frantic pace of daily life for periods of quiet reflection, inner searching and communion with the soul.

Most of us spend the majority of our time amongst the jarring vibrations of suburbia and the city, but this need not prove an insuperable barrier to the cultivation of inner serenity. For the silence we are seeking is not so much a state of mystical rapture in the far away hills, but more a state of supreme spiritual tension through which the dynamic potencies of the soul can move into our daily lives. It is achieved by an intense desire to align ourselves with the soul's purpose and an equally intense desire to love and serve those who need our help. This concentrated effort trains our capacity to listen to both the voice of the soul and the cry of humanity, and relate them to one another.

Therefore, the silence that we cultivate in meditation goes hand in hand with increasing powers of concentration. In fact, we could say that we are concentrating the very essence of our being, drawing it in to a point of creative potential. This is a transmuting power that can and should then be applied to our intelligent work in the world, serving, lifting and conferring on others the priceless gift of silence. From the angle of the form nature, the soul's contemplation is indeed a silent one, but from within this well of silence the music of creativity flows, carrying the power and beauty of renewal into the words necessary for the fulfillment of service.

If we are to leave the group of 'those who talk' to seek a deeper understanding of the conditioning forces that underlie people and events, we need to join those who wield the laws of silence. Only when these have been mastered, and the voices of selfish desire fall away can we enter *the circle of those who live within the secret quiet place. They use not words and yet their sound goes forth and when they speak - and speak they do - people listen.*

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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**LUCIS TRUST**



Lord, I am Thine

JYOTISH AND DEVI NOVAK

What a fascinating illusion God has created! In our essence we already are one with Him, but we've accumulated mental limitations that prevent us from realizing it. This "bundle of self-definitions," as Swami Kriyananda calls it, forms the ego and creates the delusion that we are separate from God. So it appears that we must work hard to find a unity that, in fact, already exists.

The world today is increasingly fractured and in turmoil. Difficult times often help people open themselves to needed changes. This gives us, as devotees, a great opportunity to help the planet by spreading Paramhansa Yogananda's teachings. Especially important now is his vision of spiritual communities.

Our ability to get this message out will be hampered, however, if we allow contractive self-definitions to limit us. When we view ourselves affirmatively, we increase our ability to be a channel for God's power. But, if we have the thought that we do something, or that we do it, the idea becomes self-fulfilling.

Our consciousness might be compared to a balloon. As a balloon expands there's more open area inside the skin. If you were a little fly on the inside you could move around quite freely. However, when you come to the skin of the balloon, there is a barrier that you can't pass.

It's the same with our consciousness — our self-definitions are like the skin of the balloon. We can move around quite easily in those areas where we have expanded our awareness, but contractive self-definitions create a barrier. One great challenge of life is to rid ourselves of self-imposed limitations. In a recent talk Swami Kriyananda gave us a perfect example of how to do that.

He spoke of an experience when he had only four days in which to write the book, "I can't do it," was his first thought. That "I can't do it" mindset epitomizes what I'm describing — it is a false and limiting self-definition. But then Kriyananda caught himself and said, "Maybe, I can't do it, but Master, can do anything." With that attitude came a superconscious flow. And that thought in particular, "God can work through me," is what we need to develop.

We will be well served by increasing our faith that the Guru acting us makes it possible to accomplish our goals. As we strengthen that understanding, we begin to break the great delusion of separateness, and realize ever more deeply, that we are the soul, not the ego.

Swami Kriyananda gave us a New Year's suggestion that can help us with this. He proposed, as the theme song for the year, "Lord, I am Thine, be Thou mine." Many of us chant it regularly, but to have real power those words must be more than just lyrics in a chant. We need to go deeply into the feeling behind the words and make them an individual dialogue with God and Guru.

The way to attunement with the Guru is through ever deeper self-offering into his vibration. By "self-offering" I mean, especially, offering up those false, limiting self-definitions in which we've wrapped ourselves. One of the best ways to accomplish this is to cast them into the light of the spiritual eye during meditation.

Each of us has a certain mega-issue that we've come into this lifetime to deal with. And for each of us there will also be something that we're currently dealing with, some area of resistance. Until we offer that into the light, it will continue to darken our consciousness and dim the realization of who we truly are. Even if we don't succeed completely, the very effort of daily self-offering will be transformative.





So, in particular, what I would urge for the coming year is that we each make an intense effort to offer up whatever it is within our consciousness that limits us. There will be something that's ready and waiting to be dissolved. Find one or two things—a wrong belief, a habit, an inertia—and try diligently to release it.

That's the individual challenge that each of us needs to take up in these times. Let's try very hard to break the hypnosis of limitation. If we each take up this challenge individually, then the power and the magnetism of our whole group will increase dramatically. And, as a group, we can accomplish great good for the world.

The life of a disciple can be summed up as ever deeper self-giving into the vibration of God and Guru. As we offer up our limitations, we open ourselves to their influence and they can enter our heart of hearts and change us. When, finally, we offer our hearts completely, we become filled with light and pass beyond all self-definitions.

The need to transform ourselves is the first and foremost thing that has to happen, but then we also must powerfully, dynamically, and consciously do whatever is in our power to share God's love and joy with others.

Yogananda came to show us the way to Self-realization and to implant in us the desire to help others achieve that state. He said that the highest prayer is, "Lord, give me Thyself that I may give Thee to all." These two together: the deep self-offering to the Guru and the dynamic sharing of what we've been given—that should be the focus of the year ahead.

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Toxic Thought

ROD BRIGGS

Regular readers of this column will be aware that our thoughts are at the core of the world we find ourselves experiencing. We are all either glass half full, or half empty types depending on our entrainment during our formative years. With this in mind it is worth noticing a phenomenon that I have experienced recently, namely toxic thought.

Every month or so I travel overseas on lecture tours to first world countries and on my return I am always struck by the very many, mostly wonderful, things that are uniquely South African: the quality of our food, the climate, the language and cultural mix, the richness of our history, our music, the red ubiquitous dust, the way we dress – or not – and the myriad subtle and almost indefinable nuances that make this a magnificent place to be. If you don't appreciate the power of the presence I am describing, it can only be because you have never felt the tear in your eye and lump in your throat while listening to *The Crossing* by Johnny Clegg in a foreign country and far from home.

On my return I always get a fresh take on things that we usually take for granted, but over the last six months I have noticed something new in the mix. It is both disturbing and ominous and needs or attention. Our thoughts are being poisoned.

There have always been the “nay” sayers who saw doom and gloom around every corner but this is something different. There is a ground swell of feeling that is more than background noise, of a mix of emotions around violent crime and the perceived lack of governmental will to deal with it that is becoming the norm. Over the last two weeks I have spoken with business leaders from Northern Zululand, Natal and Gauteng. In all instances the frustration, anger, despair and fear felt by people in the workplace is adding, considerably, to the normal stresses of daily life. In addition to the obvious external impact that this is having, we are in danger of letting this colour the way we view everything. It keeps us from clear thought, and, therefore, from being in balance.

The world is changing, rapidly, and South Africa with it. This transformation will, in deed must, bring with it many shifts. The danger is that we start to see them as all bad when in fact there will be both good and not so good in the mix. Keep this in mind and, as Mahatma Ghandi said “*Never let anyone walk through your mind with their dirty feet*”

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





Overcoming Worries

SWAMI MURUGESU MAHARISHI

From time immemorial human beings, during their lifetime on earth, have undergone various sufferings, but have devised numerous ways and means to overcome them. Prayer, religious ceremonies, poojas, mantras and many other means have been discovered in an attempt to overcome hardships, but they don't serve to eliminate suffering. Psychologists have concluded that in cases which are successful, it is the belief of the person performing the rituals that relieves the suffering, not the actual ritual itself. If prayers and religious ceremonies had the power to remove suffering then there would be no suffering on earth. But, on the contrary, we see suffering multiplying on a daily basis.

Religious followers, psychologists and scholars of various inclinations offer many causes for humanity's suffering - some say it is a result of karma and others call it 'God's punishment'. Ultimately a person who is suffering isn't concerned about the cause of the calamity but is more focussed on overcoming the problem at hand.

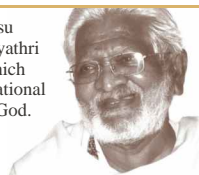
For a very long time there has been an impression in the human mind that there is no way by which a person can live happily without any calamity. Religious heads preach that it is impossible to live a full and happy life in this world as God has created evil along with good. Some say that, because of our karma, we are destined to undergo suffering. But parallel to this ancient belief, there exists also another: that man can live happily and without misery, by overcoming his karma. Many examples supporting this belief are cited from religious narrations. Markandeya was bestowed with only sixteen years of life by God but he overcame this and lived a long life. Many poverty-stricken devotees have become millionaires through bhakti. Between these two opposite theories, there exists yet another teaching among yogis that suffering exists only in the mind. If one knows how to control his thoughts, he can overcome his karma. By thought control is meant the ability to divert one's attention inwardly, forgetting all outward issues.

To explain: let us suppose you have a small boil on your hand which is causing you pain. It is natural to worry about it and to be distracted by it continually. As long as your attention is focussed on the boil, it will cause you pain and you will eventually seek medical assistance. But if you ignore the boil instead, and divert your attention to something else, the boil will heal quickly and naturally on its own. This is applicable to all suffering. If you worry about a difficulty or trouble in your family, for example, it will become greater. But if attention is placed on happy matters in the family instead, the troubles will subside on their own.

So, in order to overcome worries, troubles, diseases and calamities, follow this advice: sit comfortably and calmly in the mornings and evenings. Withdraw your attention away from the body and environment and focus on any beneficial event or state. Your difficulties will gradually dissipate, healing yourself and radiating to others and your environment, and instilling a permanent state of inner calm.



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 VI

TRACY WHITE

Journey through the Chakras: Base Chakra

Our chakra system plays an important role in the body mind connection. Our psychological health is more affected by these energy centres than we realize. Chakras are energy centres that slow energy from our energy field for use in the physical body, and speed up energy from the physical for use in our energy field. Each chakra has a specific consciousness.

For a while now I have been working with the following theory. *All our issues are created by programmes that are imprinted into the memory of each chakra according to our perception of where that chakra's rights have been violated, and run because of a conflict between the violated right and the identity of that chakra.* To illustrate this further, we need to take a deeper look at each of the chakras or energy centres of the body.

The root/base chakra: This chakra is located at the base of the spine and develops from the time we are in the womb until about 12 months of age. Its basic right is to *be here and to have* material possessions, time to ones self, intimacy and even money. Its identity is connected to the physical body and issues of *self-preservation*. The emotion that does the most damage to this chakra is fear. In order to thrive emotionally this chakra needs acceptance, validation, security and structure. This is the most primitive of our chakras being directly related to issues of survival. Any issues that threaten homes, family safety and security affect the energy here. Any stress in this area of our lives generates an emotion of fear which causes us to become self-centred, paranoid and completely ungrounded.

Major issues: physical family, group safety and security; ability to be grounded/stand up for oneself; ability to provide for oneself; the foundation of emotional and mental health issues; five senses; logic; structure; family/tribal honour code; loyalty; identity; family law; abandonment fears.

Traumas that affect programmes: birth trauma; abandonment; physical neglect, poor physical maternal bonding; malnourishment/feeding difficulties; major illness or surgery; physical abuse or violent environment; feeling threatened; inherited traumas – parents survival fears.

The following list may indicate a *deficiency* of energy in this chakra: a feeling of being disconnected from ones body; being remarkably underweight; emotions of fear, anxiousness or restlessness; poor focus and discipline, financial difficulty; disorganisation; and poor boundaries.

The following list may indicate an *excess* of energy in this chakra: a need to over eat; physical obesity; being fixated to material things and hoarding them, or being greedy; laziness, sluggish or tired; fear of change and being addicted to security; or having rigid boundaries.

An indication of balance is when someone experiences good health and vitality; is well grounded and is comfortable in their body; feels safe and secure and is able to trust. This would be someone who is able to relax and who is stable and prosperous.

If I don't have the right to be here and to have (time, money, possessions, intimacy), then I am in conflict with my identity of self-preservation. This creates an uncontrollable need in me, for someone or something to fill the void. Any long term imbalances may cause a person to develop addictions to food, gambling, shopping, work, or they may develop a habitual martyr mentality.

Organs relating to this chakra are the external genitalia, the kidneys, the bones and teeth, and lower limbs. The following is an affirmation that may stimulate the energy in the base chakra:

"I am grounded and secure and have the right to be here."

References: 'Healing Mind, Healing body' - Debbie Shapiro; 'Eastern Body, Western Mind' - Anodea Judith; '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; "Chakra Colour Affirmation Cards" - Tracy White



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The Science of Spiritual Success

SUREN PILLAY

Mankind has always looked for efficient solutions to every day problems. The definition of efficient is 'being more in the nature of timeous rather than effective'. In effect, short term solutions to deep seated problems are often ineffective in the long term. This can be viewed even from the perspective of health. If one is suffering from a headache, and painkiller provides short term relief for the problem, yet the headache might only be symptom of a deeper seated medical problem.

In the same way, our mental pains and distresses which exist in the form of unsatisfied desires are often remedied only by immediate satisfaction of those desires, these solutions do not offer any enduring remedy to the problem, because sooner or later there is another material desire surfacing in the mind which cannot be satisfied by any reasonable method at hand. The ongoing nature of desire lies in the association of prakrti (matter) with shakti (spirit) and the consequent identification of the seer (soul) with the physical (the seen). The rajasic (or active) nature of mind acts a facility for the process of attachment to ensue, this the birth of mental pain for human beings.

The saints and sages of India, have thus proposed a solution in the form of a systematic method of actions, behaviours, attitudes and thoughts which results in non-attachment. This system has broadly come under the banner of yoga, yet the process is in its very essence scientific and systematic. Yoga seeks to cut material attachment by redirecting the flow of energy within the body to higher centres of awareness and perception that facilitate subtle states of ecstasy, disjoining and ultimately destroying the seeds of material attachment.

This redirection of energy allows the sadhaka or spiritual aspirant to experience, in essence, a part of himself that he has never experienced before. As the sadhaka's consciousness is illuminated in the face of divine ecstasy experienced in superconscious meditation, past desires and impression are rapidly eliminated, leaving only divine perceptions and wisdom as the aspirants guiding force. This state is commonly referred to as 'self realisation', and is the precursor to the ultimate state of perception known as God realisation.

The solution to mental pains and problems thus lies in systematically breaking the cords of material attachment. Yoga emphasises a sattvic way of life. This implies eating pure vegetarian food, reading uplifting spiritual material, rising early in the morning, engaging in spiritual practices (sadhana), moral upliftment by individual effort (upasana), and worship in the form of service to humanity (aradhana).

My message to you this month, dear readers, is: be aware the short term solutions never result in any enduring benefit whether in the field of medicine or spirituality. Symptoms are often misdiagnosed for the underlying cause and when that occurs the treatment is bound to be ineffective. Spiritual success thus lies in an investment in a long term integrated solution (sadhana, upasana and aradhana). This has no doubt brought verifiable results to millions of seekers even in a space of weeks, so why not try it? the results could be extraordinary!

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>





Journey of the Soul

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

The wisdom of the appearance of the spirit in the body is this: the human spirit is a Divine Trust, and it must traverse all conditions, for its passage and movement through the conditions of existence will be the means of its acquiring perfections. So when a man travels and passes through different regions and numerous countries with system and method, it is certainly a means of his acquiring perfection, for he will see places, scenes and countries, from which he will discover the conditions and states of other nations. He will thus become acquainted with the geography of countries and their wonders and arts; he will familiarize himself with the habits, customs and usages of peoples; he will see the civilization and progress of the epoch; he will become aware of the policy of governments and the power and capacity of each country. It is the same when the human spirit passes through the conditions of existence: it will become the possessor of each degree and station. Even in the condition of the body it will surely acquire perfections.

Besides this, it is necessary that the signs of the perfection of the spirit should be apparent in this world, so that the world of creation may bring forth endless results, and this body may receive life and manifest the divine bounties. So, for example, the rays of the sun must shine upon the earth, and the solar heat develop the earthly beings; if the rays and heat of the sun did not shine upon the earth, the earth would be uninhabited, without meaning; and its development would be retarded. In the same way, if the perfections of the spirit did not appear in this world, this world would be unenlightened and absolutely brutal. By the appearance of the spirit in the physical form, this world is enlightened. As the spirit of man is the cause of the life of the body, so the world is in the condition of the body, and man is in the condition of the spirit. If there were no man, the perfections of the spirit would not appear, and the light of the mind would not be resplendent in this world. This world would be like a body without a soul.

This world is also in the condition of a fruit tree, and man is like the fruit; without fruit the tree would be useless. Moreover, these members, these elements, this composition, which are found in the organism of man, are an attraction and magnet for the spirit; it is certain that the spirit will appear in it. So a mirror which is clear will certainly attract the rays of the sun. It will become luminous, and wonderful images will appear in it - that is to say, when these existing elements are gathered together according to the natural order, and with perfect strength, they become a magnet for the spirit, and the spirit will become manifest in them with all its perfections.

Under these conditions it cannot be said, "What is the necessity for the rays of the sun to descend upon the mirror?" - for the connection which exists between the reality of things, whether they be spiritual or material, requires that when the mirror is clear and faces the sun, the light of the sun must become apparent in it. In the same way, when the elements are arranged and combined in the most glorious system, organization and manner, the human spirit will appear and be manifest in them. This is the decree of the Powerful, the Wise.

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.

The Awakening

BY THE MASTER through Benjamin Creme

Now that Maitreya has stepped forward into the open arena of the world and has appeared several times in full view of the television cameras, we can take stock of what has been achieved so far and, to some extent, interpret the reaction of those who have seen and heard Him. Bear in mind that in these preliminary approaches to the public, Maitreya has been careful not to frighten away those He wishes to help by too great an emphasis on change, too drastic and radical a programme for renewal. While critical of our present practices in financial matters, bringing pain and hardship to millions, He praised men for their many achievements and their readiness to aspire to the creation of a better world.

The response, so far, could be classified as muted but thoughtful, echoing the quiet earnestness of Maitreya's thought. One must remember that Maitreya was presented as an ordinary man, one of us, and not as a Messiah figure from on high. Thus, reactions of men were natural and honest, a true reflection of their fears and hopes. Of course, reactions varied with the background of the viewer, but Maitreya is well pleased with the response thus far.

Change

From this point on, Maitreya will 'step up' the need for urgent change, the necessity for peace based on justice and sharing. He will also focus attention on the plight of planet Earth and the responsibility of men for its problems. Thus will the Great Lord orchestrate a mounting crescendo of action for the re-establishment of our world and life.

Interviews of this kind will continue to be given around the world, awakening men everywhere to their opportunity to set to rights their life, to create justice and peace by sharing, to see themselves as One, to end forever the competition and greed which for so long has held men back from their destined path to divinity. Thus will Maitreya coax men out of their long slumber and awaken their desire for change. Thus will grow a great informed World Public Opinion, the greatest force on Earth.

Against that mighty force no reactionary platform can stand. Humanity itself, inspired and vitalized by Maitreya, will reinvent their future, and through freedom and justice for all establish the Era of Goodwill and Manifested Love.

SOURCE LINK TO THIS ARTICLE

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>





Three Universal Principles

SWAMI SHANKARANANDA MAHARAJI

The entire universe, material existence and the principle of every religion rests on three fundamental principles. Creation, Sustenance and Destruction. Yogis understand this as *Sat* (existence), *Chit* (consciousness, knowledge, truth) and *Ananda* (bliss). Hindus worship God the creator in the form of *Brahma*, God the preserver in the form of *Vishnu* and God the destroyer in the form of *Shiva*. The philosophy of Buddhism encompasses *Dharmakaya* (creator or first emanation), *Sambhogakaya* (knowledge, the path to enlightenment) and *Nirmanakaya* (renewal). Even Christians understand these principles in Christ's teachings of God the *Father* (creator), God the *Son* (the way, the truth and the life) and God the *Holy Spirit* (destroyer of sin).

These three principles are a natural part of man's life cycle and daily existence. As individuals we are created by our parents and God, we strive for sustenance throughout our lifetime, during old-age we down-scale our residence, give away many of our possessions, and at death the body is destroyed and the soul renewed. Our daily routine is governed by the same cycle. In the morning we set the new energy for the rest of our day. During our waking hours we focus on survival and maintenance of a career or life-style. And in the evening we withdraw from activity to reflect, pray and destroy the stress of the day by sleeping. Every single thing we do has a start, a period of maintenance and a finish; from mundane activities such as eating and dressing, to sleeping, studying, playing a sport, and undertaking study or work projects.

If we consciously work with these principles, we can use them to our benefit. The simplest way to do this is to 'go with the flow'. Work on new projects and ideas in the morning when the natural inclination of the self is towards creativity. Focus on the continuation of existing projects during the middle part of the day; wind down close deals and spend time in contemplation during the afternoon.. Designate rest and sleep to the late afternoon and night hours and not during the day. Avoid staying up late at night taking part in stimulating activities like dancing and parties, when the body's natural inclination is to rest, reflect and pray.

By studying our astrological influences at birth we can further determine life-cycles which will be best suited to new beginnings, maintaining the current status quo, or initiating endings, and we can use this knowledge to help us understand where we are and to make informed choices.

In a spiritual context we can also take advantage of these principles. By understanding our purpose in life, we can take steps towards fulfilling it. Every person has a spiritual purpose, whether or not they are aware of it. By reflection and meditation we can establish the reason for our current birth and ensure we are progressing on the appropriate path. In this knowledge we can take action to destroy negative habits and obstacles that may be preventing us from attaining understanding and clarity, and we can be 'reborn' again and again as new heights of awareness are reached.

Ask yourself daily: What am I creating? What am I sustaining? What am I destroying?



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 to 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



Readers' Inspirations

Rainbow of Perception

"There is a pot of gold at the end of the rainbow,
To the pessimist the end of the rainbow appears far, to the optimist
it appears near, to the realist it is immeasurable and to the realised it is already here.
Where do you fit in and where should you be?"

SUREN PILLAY



Cosmic Love

I sometimes feel the overwhelming feeling of love
And cannot understand why. So I just sit back, and enjoy.
Cosmic love, love from beyond the stars,
Vibrates your inner being
In oscillating motions of ecstasy.
It sets Your self free!
Just enjoy, enjoy.

BAPI

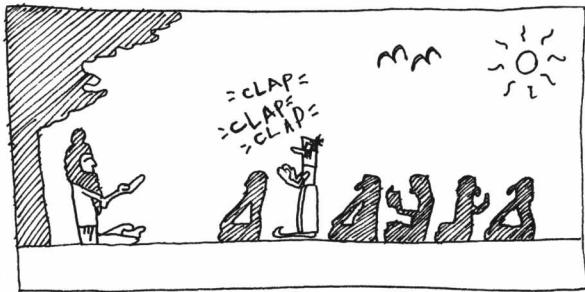
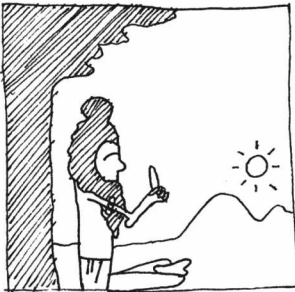


Bring into play the almighty power within you,
so that on the stage of life you can fulfill your high destined role.

PARAMAHANSAYOGANANDA

the chronicles of puglananda*

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Gurujī, we are all spiritually handicapped. Meditation helps us transcend this disability, to pass the negative mentality and merge into the realm of ultimate and perfect reality. This singular conscious is God.

Gurujī, Puglananda! Did you understand what I said?
Puglananda, No. But it sure sounded profound.

* Puglananda means 'bliss in stupidity'.



Index of Resources and Online References

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