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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Seven

23 September 2010

CONTENTS

- | | |
|---|---|
| 3 A Song of Silence GLORIA WENDROFF | 12 Body/Mind Connection Part VII TRACY WHITE |
| 5 Vedic Astrology Report SWAMI SHANKARANANDA | 13 Integrated Success SUREN PILLAY |
| 6 Dedicated Discipleship ROY EUGENE DAVIS | 14 Journey of the Soul BAHAI TOPICS |
| 7 Skill in Action LUCIS TRUST | 15 Maitreya Speaks SHARE INTERNATIONAL |
| 8 How important is the body? ANANDA SANGHA | 16 3Yoga of the Mind JADATHARAYA INSTITUTE |
| 10 Prisoner ROD BRIGGS | 17 Reader's Inspirations |
| 11 God as Divine Mother GAYATHRI PEEDAM | 19 Resources and References |



Welcome to the September edition of *Transcendence*.

It is a sad fact that religious sectarianism and unashamed proselytisation are still alive and well in our world today. Narrow-mindedness and attempting to convert others to a singular spiritual belief both run contrary to the essence of Spirituality. God is too big to be contained or reduced to one religion.

Felix Adler, American educator and founder of the Ethical Movement, reminds us that "Love is the expansion of two natures in such fashion that each include the other, each is enriched by the other."

For all humans to truly unite in God, the proponents of every religion must learn to realise that all have the same essential nature: a common destination point and a common way to attain that final destination. The destination being God, Liberation or Salvation, and the route to that ultimate destination being righteous living and love for others. It is only in the insignificant man-made details that they differ from the other and, as long as humans are focusing on and squabbling over those differences, they will never reach their destination.

Part of the purpose of *Transcendence* to open the minds of those who are beginning to blossom in Spirit but who may still be confined by their ingrained religious conditioning, so that they may see that every religion and spiritual path is travelling Godward, and to celebrate the similarities of different religious sects, rather than focus on their differences.

It is for this reason we urge our readers to share *Transcendence* with others who may appreciate the expansion of mind presented in these few pages. We encourage this sharing in whatever means is convenient. Forward the online link to friends and family via email, share it on Facebook and Twitter or print out the pages to share with those who don't have online access. Even if you help just one person move closer to God, our purpose has been fulfilled.

In Love and Service, always,





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Heavenletter # 1422 - A Song of Silence

GLORIA WENDROFF

God said:

Today I would like to say to you that all is well, even though you are tired of hearing that while you see otherwise. Isn't it bizarre that you would be tired of hearing that all is well? It must be that you don't believe it. If you believed it, you wouldn't find it tiresome. You would find it welcome. You would not be able to hear it said enough: All is well. All is well.

I am not going to change My tune, so you are left with the choice of seeing in a more enlightened way. Of course, you think that you can't change your perception, that something outside you has to change it. But it is you, beloveds, who change your perception. It is you who sees the light. No matter how many people may see the light, no one can see it for you. You have to do the seeing yourself. What you see is up to you. Even blindfolded, what you see is up to you.

You have seen those pictures which at first seem one way and later another. When you keep looking, you see another picture that you did not see at first. The actual picture did not change. Your vision of it changed. If you can see a second picture which at first was not obvious, do you not think you can perceive life differently from the way you do now?

Do you not want to change your picture? Or would you rather hold on to it? Truly, beloveds, if you could let go of the past, you would see a different picture.

Your vision has been programmed in certain ways, and often, too often, you see as you have been instructed to see. You have wanted to be one with the world. You wanted the world to approve of you and accept you, so you tried to be like the world and accept its interpretations. Beloveds, it would be very hard for you to be at oneness with the world you see and One with Truth at the same time. It would be easy, of course, with the world as I created it, but not so easy when you perceive through the eyes of the world that you have adopted.

The world is not enough for you. It narrows your vision whereas I expand it.

It is not that you have to choose the world or choose Me. It is just that the world you have chosen may belie itself, and yet you have chosen to follow it and all its idiosyncrasies. Perhaps you thought you had to. Perhaps you thought you had no choice. Perhaps you found yourself in a foreign country, and you thought it wise to adopt their ways. Without thinking, you adopted their ways. You thought it was self-preservation.

But right now, if you were presented with a vote, would you vote for the mistaken world or would you vote for Me? If you had to ante up, where would you place your bet? You may think I don't listen to you, but do you really think the world listens to you, or even bends its head down to hear you?

No, you hear the loudness of the world and you listen to it. You hear the noise of the world more clearly than you hear My silence. The noise of the world is not yours, but you have grabbed it anyway. Even so, My Song of Silence is always present for you to hear.

[SOURCE LINK TO THIS ARTICLE](#)



Inspirational Quotes

God said:



When you can accept that you do not know the consequence of any action, you can step back a little and bless yourself by following your heart's wisdom within. And that is the same as getting your small involvedness out of the way.

Heavenletter #12 - Follow Your Star

Your resistance is a cover. It is a pretense. It is a non-acknowledgement of Our mutual love, and nothing is stronger than our love acknowledged. Our love is a smile that passes between Us, and what a bond that creates.



Heavenletter #72 - For God Only

You are not this body shuffling around on earth. Your body is the least of you. Right from where you are now, you can leave something of yourself. Perhaps you will leave graciousness. Perhaps you will leave hope for greater joy. Perhaps you will leave greater joy. Whatever it may be, today leave something valuable in your wake for all those who will pass by on the same sidewalk as you. Leave footsteps for someone to follow.



Heavenletter #920 - Footsteps

Be one who steps over the limits the world has set. Be one whose thinking foremost includes love. Be one who thinks how love can be brought to any situation, overt and silent. Be one who dares to see more than most and dares to pursue it.



Heavenletter #1099 - Free Will

Abandon the subterfuge of disdain. It is only a cover-up for despair. You would make yourself higher. Sitting on a throne of judgment doesn't make you higher. Whatever you disintegrate, you disintegrate yourself. Whatever barriers you put up, you bar yourself. Whatever you imprison, you imprison yourself. You cannot put another in jail without going there yourself. You cannot abandon another without abandoning yourself. You cannot free another without freeing yourself.



Heavenletter #1815 - Forgive Now

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 October 2010

SWAMI SHANKARANANDA

ARIES: Review your finances, love life and social life to see where improvements can be made. This is not a time to make important decisions in these areas. Strive to maintain high energy levels and pay attention to your heart and kidneys. A period to pursue deep spirituality.

TAURUS: Time to let go of family and emotional issues for a while and pursue your career goals. Health is good but it can be improved. Review your self-esteem and self-concept. Social connections and finances are good.

GEMINI: Don't take things for granted. Work is important but you are having more fun. Marriages and partnerships continue to be tested. Health looks good with great improvement.

CANCER: Your focus is on other people and getting on with them. Love is much improved this time, and you gravitate to people with strong family values like yours. Home and family is the main focus this month. Health is much improved and finances are happy.

LEO: Continue to focus on family and your domestic situation. You are more introverted during this time, with a love for the past. A good month for psychological progress and gaining deep insight. Finances are good. Watch your health, pace yourself and rest when tired.

VIRGO: Family and friends are the way to lifting up your life. There is prosperity and you are going the extra mile. Understand that wealth is spiritual in nature and infinite. Time for a serious review of your finances. Health is good but avoid making major changes to your diet or regime.

LIBRA: You are in a period of maximum independence now. Take the personal initiative to create your own happiness. Love is less active but you need to be clear about what you want. Finances are good and your money house is powerful.

SCORPIO: Love is happy but under review this month. Proceed slowly. Spirituality is your main mission until the 23rd. Your career planet is in the 12th house of Spirituality this month. Health is good and you have a 'can do' attitude. Job and career opportunities abound.

SAGITTARIUS: You are entering one of the most spiritual periods of your year. This is a month for spiritual breakthroughs. There is love in your life but you are focussed on personal freedom. Finances are good with a possible windfall early in the month.

CAPRICORN: Health still needs watching but there is much improvement this month. You are marching slowly and steadily towards your goals. Finances are still under review but good. Don't rush into anything.

AQUARIUS: A love encounter with a spiritual person or someone involved in your spiritual life is a possibility this month. Foreign travel is important this month. You enter a yearly career peak after the 23rd. Organise your days so more gets done in less time.

PISCES: Your interest this month is in occult matters and personal transformation. There is an opportunity to pay off or incur debt - to profit from outside money. Be careful in signing contracts. A foreign land calls to you and you may answer the call. Health is good but watch kidneys, hips, colon and bladder.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

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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

The *Self* (permanent self-identity) to be realized is your pure conscious essence of being. That which is commonly referred to as *God* is the one, all-pervading Reality of which you are an individualized unit. Because you are a unit of the one Reality, at the innermost level of your being you have all knowledge of it and its processes. As you progressively or quickly awaken to the truth of what you are, all of your innate qualities and capacities to perceive and express, along with all knowledge of the one Reality, will be unveiled and Self-revealed. Whether your awakening is slow or fast will be according to the degree of your concentrated endeavor to be Self- and God-realized. If aspiration is mild or endeavors are erratic or misdirected, progress will be slow. If aspiration is fervent and endeavors are wisely chosen, consistently applied, and effective, progress will be rapid.

You have within you the potential to fulfill your spiritual destiny while you are in this world. Avoid thinking that you do not have the ability to do it or that mundane concerns are more important than your spiritual growth. If you want to be spiritually awake as quickly as possible, do these things:

- Firmly resolve to be Self- and God-realized in your present incarnation and immediately follow through with decisive, well chosen actions.
- Acquire a comprehensive understanding of your essence of being and of the reality of God. You are not your mistaken sense of self, mind, personality, or physical body. You are a seer: an observer and knower of what you observe. Discard former, erroneous beliefs or opinions about what God is.
- Learn what you need to do to rise above ordinary, modified states of mind and consciousness. Insightful study of what spiritually enlightened people have taught (and teach) will be helpful. When examining what you read, acknowledge what may be of value for your purposes. Apply what is learned to test its usefulness and acquire more knowledge by experiential practice. Choose to know what is actually true rather than be satisfied with only believing.
- Skillfully proceed with all of the knowledge and abilities that you have. You will soon learn to live effectively and nurture your spiritual growth.

Awakening to Self- and God-realization is not a process that can be caused to occur; it occurs naturally when psychological and physical conditions which interfere with it are removed. When your innate urge to be fully awake is allowed to be influential, spiritual growth will be effortlessly spontaneous. Attempts to cause Self-realization to occur can only produce a self-created, illusional effect rather than an authentic soul liberating realization. *Authentic* Self-realization results when awareness is completely restored to its original, pure wholeness. As this redemptive process occurs, your powers of intellectual and intuitive perception will improve and your functional abilities will enable you to more easily accomplish your purposes and achieve your goals. Spiritual awakening is always psychologically transformative.

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



Skill in Action

LUCIS TRUST

Skill in action requires wise and clear thinking founded on the light of the Soul. It is the kind of thinking that is unaffected by the emotions but is infused with the compassion of the loving heart. When heart and head work together in unison there can be intelligent love in action. Skill in action in daily life and relationships leads to an understanding of other's views without a rush to judgement; it brings harmlessness in thought, emotional reaction and action, all based upon the common good of humanity, without attachment to one's own ideals.

One way of developing skill in action is through meditation. There is much interest in meditation today and there are many methods. The technique of meditation known as Raja-Yoga or mental union with the soul, integrates the physical, emotional, mental and spiritual so that the energies of the soul flow into mind and brain and the outer life. It is also interesting to consider that the concentrated deep reflection of the thinker in any creative field of human expression constitutes a form of meditation, bringing free play to those thoughts and ideas which lead humanity into wider and deeper levels of awareness.

Those who are able to 'think in the heart' and are motivated by loving understanding are in a position to transform relationships. The fusion of intelligence and love-wisdom cuts a path through all material barriers and obstacles. This is a kind of 'thinking' that can permeate all levels of relationship, whether local or global. For example, a friend or neighbour who is a good listener demonstrates skill in action. Similarly, the skilled mediator, in local or global disputes, is an impartial neutral catalyst who helps the parties to arrive at a mutually agreed solution.

At a global level, skill in action is apparent in the work of *The Group of Elders*, whom are included Nelson Mandela, Jimmy Carter, Desmond Tutu and Kofi Annan. The group aims to use its collective skills and experience to suggest new approaches to tackling global issues; the group can speak freely and boldly, working both publicly and behind the scenes on whatever actions need to be taken. 'They will seek opportunities to partner with established groups in ways that help shine a light on work already underway or to assist in bringing the group's efforts to another level'.¹

Wise and skilful living that 'shines a light' on the world is not something that appears out of thin air, rather, it is dependent upon high-minded thought, which we can all strive to cultivate.

¹ <http://www.theelders.org/>

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



How important is the body?

PARAMAHANSA YOGANANDA

Self-sacrificing mothers and hard-working fathers often say to me: “But, Master, I have practically no time for myself.” This attitude shows very poor organization and utilization of time. I am not advocating neglect of one’s duties; that, of course, would be contrary to the laws of spiritual development. I am entreating my students, in whatever walk of life, to devote some portion of each day to personal physical improvement. This will speed one’s spiritual unfoldment. Nothing is gained by physical neglect; in fact, it retards spiritual evolution. Life itself is God-given and our physical vehicle comes from the same source. How, then, can we in good conscience abuse or neglect that which is lent us for our earthly sojourn?

The care we give ourselves enables us to render greater service to mankind. While we cannot force salvation upon another, we can do our best to set an example of overall well-being. Bodily health is a magnet that draws others to us. Whether we are blessed with it at birth or acquire it, good health is a symbol of spiritual progress. Sometime, somewhere we have worked for it. If we are suffering now, then health is a treasure we have lost, and its absence points to an important lesson we came here to learn. We are told: “In all things, moderation.” This admonition applies to health in its various aspects: work, eating, rest, and recreation. Most of us over-do, at least in one direction. Practically all of us overeat. Few, indeed, ever leave the table feeling only partially full, yet that is one of the chief secrets of maintaining a healthy body, and getting real benefits from our food.

Others have so great an appetite for their work that all else is subservient, and health suffers as a consequence. For the over-conscientious worker, frequent periods of complete relaxation are recommended, and also some form of amusement. Without “respites” that take the mind completely off work, one’s perspective narrows and the sponge of energy is squeezed dry. Then there are those in whom the play spirit is hyper-developed. Though it is good to indulge in some form of amusement, that, too, taxes our time and energy if done too often. Everything we eat, think, and do affects bodily health. Periodically, we need to take inventory and ask ourselves: What we are aiming toward? How are we progressing toward that goal? Is it at the expense of our health?

Contrary to the views of many teachers, we do not advocate developing the spiritual at the expense of personal attractiveness. Even though your work may involve serving humanity, you nonetheless must make the most of your personal appearance. Beauty in all its myriad forms is part of the divine plan. We see evidence of that everywhere: in the flowers and trees, in the birds and sky, in music and the creative arts, in the face of a child, in a voice. Why, then, if God has seen fit to recognize its worth should we try to eradicate it from our lives in the name of spiritual attainment? The old idea of a long-faced missionary, moving among his fellow beings clad in ugly, drab costumes, is not an image we wish to implant in the hearts of students.

Nothing is gained by disregarding that which will enhance your personal appearance, tempered always, of course, with good taste. If you are a homely woman, then adopt all the reasonable beauty-parlor tricks to make yourself attractive. Better still, decorate your soul with the rich ornaments of sincerity, a magnetic personality, intoxicating smiles, and all-round serviceability.

If you have been ailing physically, there is no more legitimate ambition, nor one that will pay greater dividends, than making the attainment of your health your one great aim. By doing so, you will begin to “clean up your own little back yard” of the accumulated debris that each soul comes into this life to overcome.





On the physical level, it will pay you dividends beyond your fondest dreams; from the spiritual standpoint, you will have overcome a delinquency similar to selfishness, cruelty, and dishonesty. Visualize the physical perfection you would like to attain. Refuse to become discouraged at apparent slow progress, for natural healing is not necessarily a rapid cure.

Be persistent. Demand and determine to rebuild your abused physical vehicle. The earnestness with which you apply yourself will determine the degree of success. In your daily period of meditation, remember to ask God for the help needed to develop physically, mentally, and spiritually. Then, just as when we post a letter, forget about it and go about your other business, trusting in God's power to answer your prayer.

Remember, the body is the link between our higher and lower natures, the cart which carries within it the essence of all we shall eventually be. Why not speed up the transition? Resolve to heal yourself, whatever the difficulty. Supplant wrong habits with good, and adhere to them with all the power of will that you can muster. There is a maxim: "Nature unaided fails." You must give attention and loving care to whatever you possess, whether talents or health, else they will languish and wither. Particularly is this true of health.

Excerpted from the Praecepta Lessons, 1934-1938

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visit www.expandinglight.org

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Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living.

visit www.ananda.org





Prisoner

ROD BRIGGS

In an era when much is made of personal freedoms we are all blissfully unaware that we are actually prisoners. No matter how free we think we are we are enslaved by a relentless jailer; as long as we are awake, and to a certain extent even in our dreams, our thoughts continually direct our experience.

Think of an example of freedom, how would lazing on a beach with no time limits feel, or having time to pursue your favourite hobby without interruption? Sounds wonderful but what is the reality? Many people find that after a day or two of beach, or any other relaxation, they get restless and find the “relaxing” rather stressful. This is simply because, although their body may be comfortable, their mind is not. The endless internal chatter needs something to occupy it and, if we don’t feed it with things to keep it active, it will conjure up various scenarios, many of them negative, to make us get out and *do* something constructive.

We are driven, not by what our body wants, but by what works for us mentally – by what keeps us in our comfort zone, which for many people includes habitual thoughts of worry, stress and angst. These occupy our mind to the point that much of the daily wonder of life passes us by. Add to this the mix of fear and guilt inculcated by parents, teachers, school bullies and various religious dogmas and the nett result is a society whose default setting is anything but free. The illusion of freedom only exists as long as we remain in the confines of our mental conditioning.

America, for example, the much vaunted “*land of the free...*” is hyper critical of anyone who doesn’t follow the norm; the vast majority only being free to work 9 to 5, free to get a mortgage and spend twenty years paying it off, free to get into credit card debt, free to go to church, free to vacation two weeks a year, free to school their children in a system that will create the next generation of stunted thinkers who believe they are the most free society on earth, and free to feel guilty if you don’t conform.

The less a people are free the more important it is to tell them that they are free.

Examine your internal life and see what imprisons you.

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





God as Divine Mother

SWAMI MURUGESU MAHARISHI

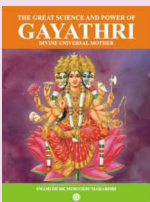
The philosophy of Eastern Spirituality is that God is too great to be contained in one concept. Different personalities and cultures relate to and better understand God in a form best suited to their individual constitution. This is important in order to establish a personal relationship with God. To bring God closer to our hearts, we must be able to envision Him, but it is difficult for many to know an abstract God. To overcome this, God, in His Omnipotence takes whichever form of Him we are best able to envision and understand, and in that form He manifests Himself to us.

At the start of life, one's mother is the source of creation, unconditional love, comfort, sustenance, nurturing and devotion. For the first few years of an infant's life the mother is everything and occupies the entire world of that child. Our relationship with God should be of the same calibre. Gayathri is the term used for that aspect of God which radiates all the above qualities. The image of Gayathri represented contains the symbolism of the Divine Motherly qualities of God, and the Gayathri Mantra contains within its twenty-four syllables, the secrets of Creation.

A seeker approached a guru and asked: "Gurudev, will you kindly explain the secrets of yoga to me?". The guru laughed and said, "My dear one, you know well that this is a secret, so how can you ask me to reveal it? If it is a science of revelation, then it cannot be a secret. If it is known as a secret, then how can it be revealed to anybody?" Similarly, there are many seekers. Yogis proclaim they have many secrets of God, soul and yoga sadhana. People's tendency is that whenever they come to know of a hidden secret, they will attempt to uncover the secret without thinking about whether or not their knowledge will allow them the understanding of the secret.

The secret of Gayathri which I am going to share, may not be understood by the average seeker, so should not create any confusion in their existing understanding. But, for illuminated students, this information will help to develop their sadhana a little more, so that they may obtain true knowledge about themselves and other phenomena. The meaning of the word 'Gayathri' has been explained by many authors and from many angles, some of which are almost correct, but the word 'Gayathri' does not explain the true essence of Gayathri, which is represented by the word. It is an open secret that many words convey correct and clear meanings, but do not reveal deeper information about the object being represented by that word. For example, words like 'soul', 'God' or 'knowledge' are spoken and written in many books but only a few who read or write these words may have properly understood or realised each concept represented in them. Similarly, the word 'Gayathri' and the mantra and mode of its repetition, are known to millions of devotees all over the world, but this does not mean that they necessarily understand the true essence of Gayathri.

AN EXCERPT FROM *THE GREAT SCIENCE AND POWER OF GAYATHRI*



The Great Science and Power of Gayathri, Divine Universal Mother

by Dr RK Swami Murugesu Maharishi has just been republished in English.

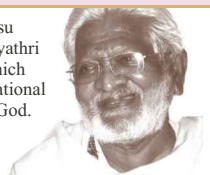
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Know Thyself: The Body/Mind Connection Part VII

TRACY WHITE

Journey through the Chakras: Sacral Chakra

This chakra is located in the pelvis area two finger spaces below the navel. This chakra develops from 6 months to 2 years of age. Its basic right is to *feel and to want* material possessions, time to ones self, intimacy and even money. Its identity is connected to the emotional body and issues of *self-gratification*. The emotion that does the most damage to this chakra is guilt. In order to thrive emotionally this chakra needs acceptance, validation and security. An imbalance in this centre can show as an emotional conflict with ones sexuality, or an inability to allow ones self any pleasure from life. It is also the centre where we process information about how we feel about our self in relation to what is happening in our external environment.

Major issues: Partnership chakra. Power of choice. Personal needs. Emotions of blame and guilt. Money & sex. Ethics and honour in relationships. Creativity. Loss of control fears.

Traumas that affect programmes:: Physical / sexual / emotional abuse; volatile situations; neglect; rejection; denial of child feelings; emotional manipulation; overuse of playpen or restricting normal movements; Religious or moral severity; Alcoholic families; untreated incest cases; inherited issues - Parents sexuality issues.

The following list may indicate a **deficiency of energy** in this chakra: Being rigid in body and ones attitude; being fearful of sexual intimacy; poor social skills; denying oneself of pleasure; having a fear of change; having a lack of desire, passion or excitement; or having excessive boundaries.

The following list may indicate an **excess of energy** in this chakra: Being addicted to sex and pleasure; having excessively strong emotions, ie: bipolar, mood swings; being overly sensitive emotionally; being emotionally dependant; or being obsessed by any attachments. This person may have poor boundaries and invade the boundaries of others.

An indication of **balance** is when someone is able to move gracefully; has emotional intelligence; is able to experience please in their lives; has the ability to change easily; is able to nurture themself and others; and has healthy boundaries.

If I don't have the right to feel and to want (time, money, possessions, intimacy), then I am in conflict with my identity of self-gratification. 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 alcohol, sex, heroin or they may develop a habitual victim mentality.

This chakra is associated with the reproductive organs and the excretory organs.

The following are affirmation that may stimulate the energy in the sacral chakra:

"I deserve pleasure in my life." "I move easily and effortlessly." "Life is pleasureable."

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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Integrated Success

SUREN PILLAY

In a world of cynicism some of the essential questions of life are often viewed with little attention or contemplation. In Buddhism the practice of contemplating on death is an essential practice. It adjusts our focus to where we need to concentrate our energy and time. It is surprising to note that some of the most important things that humans value in a lifetime are the same things that we spend the least amount of time investing in.

We value good health, yet most people don't spend time exercising and formulating a good diet. We value our relationships yet many of us don't spend enough time with the ones we care about most in our lifetime. We value our wealth, yet many are not prepared to increase their income earning capacity through investing or working harder. We also value inner peace and joy, yet most people complain that there is not enough time to meditate and engage in spiritual activity.

The Law of Cause and Effect works with precision, undeterred by human ignorance or misbehaviour. Perseverance is the result of continuous or sustained effort. In the pursuit of academic, financial, material or spiritual success it is most definitely a common denominator. History shows that even though most saints and sages were highly evolved at birth, a considerable amount of effort was expended before they could attain liberation or moksha.

The scriptures, Patanjali's Yoga Sutra in particular, mentions the purusurtha's or four aims of human life. Atha (means of life), Kama (Acquisition of wealth), Dharma (performing ones duty) and Moksha (liberation). Attaining the four noble aims of life, requires consistent focus on whether or not one's actions are contributing to the four aims of existence. A complete life is one of perfect integration between the mental, physical, spiritual, psychological, social and spiritual aspects of our being. The harmonious integration of the diverse aspects of human enigma results in a dynamic synergy, which in turn results in the simultaneous attainment of all four aims of human life.

The key determinant, however, for this integrated level of success lies in faith, persvrance and an unwavering attention to the goal of action. Our level of commitment, dedication and love to attainment results in quantum leaps of evolution for the individual, which spurs him on to even greater heights of attainment. Many people have said that our obituary should be our inspiration for attaining greatness. I say greatness is already present within every individual on the planet. Our desire to express that greatness, should be our inspiration to live in the world!

Dear readers, my message to you this month, is to encourage you to contemplate on the transient and uncertain nature of the physical world. Evaluate your everyday actions, and consider how they contribute to you living a life of integrated success and attaining the four aims of life.

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 ultimate aim in life of every human soul, the Bahá'í writings state, should be to attain moral and spiritual excellence--to align one's inner being and outward behavior with the will of an all-loving Creator. That each individual has been bestowed with a unique destiny by God--a destiny which unfolds in accordance with the free exercise of the choices and opportunities presented in life--lies at the center of Bahá'í belief. In particular, it is through the moral exercise of our divinely conferred free will that opportunities are provided for spiritual advancement. "All that which ye potentially possess," Bahá'u'lláh confirms, "can...be manifested only as a result of your own volition."

Bahá'u'lláh, like Abraham, Buddha, Christ, Muhammad and the other Divine Messengers who preceded Him, sought to awaken the moral and creative capacities latent in human nature. "Noble have I created thee," is the Divine assurance, "Rise then unto that for which thou wast created." He states that "the purpose for which mortal men have...stepped into the realm of being, is that they may work for the betterment of the world and live together in concord and harmony." "Let each morn," He urges, "be better than its eve and each morrow richer than its yesterday. Man's merit lieth in service and virtue and not in the pageantry of wealth and riches. Take heed that your words be purged from idle fancies and worldly desires and your deeds be cleansed from craftiness and suspicion. Dissipate not the wealth of your precious lives in the pursuit of evil and corrupt affection, nor let your endeavors be spent in promoting your personal interest... Guard against idleness and sloth, and cling unto that which profiteth mankind, whether young or old, whether high or low."

From the Bahá'í perspective, religion has been the chief civilizing force in human history. Moral maturity thus comes from spiritual awareness. As stressed throughout the Bahá'í writings, the primary purpose of God in revealing His will through His Messengers is to effect a transformation in the moral and material conditions of human existence. The transformation called for by Bahá'u'lláh is directed to the inner character of every human being and to the organization of society--a transformation that engenders cooperation, compassion, rectitude of conduct, and justice. In linking spiritual development to personal behavior, Bahá'u'lláh wrote "that the citadels of men's hearts should be subdued through the hosts of a noble character and praiseworthy deeds." He exhorts the world's peoples to "illumine their beings with the light of trustworthiness," "the ornament of honesty," and the "emblems" of "generosity." Service to humankind is the purpose of both individual life and all social arrangements: "Do not busy yourselves in your own concerns; let your thoughts be fixed upon that which will rehabilitate the fortunes of mankind and sanctify the hearts and souls of men."

Bahá'u'lláh sets before us the highest standard of morality and urges us to strive to attain it. To do so is the only path to true happiness and fulfillment. Our moral and spiritual advancement is therefore crucial to our well-being in both this life and the next. As Bahá'u'lláh counsels: "Possess a pure, kindly and radiant heart, that thine may be a sovereignty ancient, imperishable and 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.

A new light in humanity

BY THE MASTER through Benjamin Creme

Already, the Forces of Light are gaining ground, making progress, winning hearts and minds. Even now, it is possible to predict a sure and safe outcome to the struggle which has been raging, albeit unknown to the majority of men, for the future of planet Earth and its inhabitants. For countless ages, that struggle has been fought on every plane, in all conditions and situations, and is the very fabric of the history of the world. At long, long last, a new light can be observed in the aura of the race of men, one that augurs well for the future of the race. From where does this new light come? It is, of course, the result of many happenings and benedictions, but above all, it is the sign that men are beginning to see themselves in a new light, beginning to sense themselves as at least potentially divine, certainly more worthy and meaningful than they had thought, and capable of creating a world in which they can take pride. Notwithstanding the pain and suffering so widespread today, many are sensing a new confidence in themselves and in the future, a new hope that the present ills are transitory, and that a better time is near.

Awakening

Seeing this new light within humanity, Maitreya knows that men are awakening to His efforts and energies, that the new potencies of Aquarius are fulfilling their promise, and are drawing men together in a sensed unity of purpose and pride. From now on, this dawning sense of unity, and the strength which it engenders, will manifest itself more and more, and will lead to organized action by many to better their lot, to change conditions which belittle men and leave them helpless. In this way, a substantial change in world conditions will take place in a relatively short period of time. Men are approaching the nadir of their self-induced misfortune. Destructiveness and war, complacency, selfishness and greed, have all played a part in creating these painful conditions. The awakening, the new light, is a sign that men are beginning to understand the Great Law: harmlessness, alone, brings men into correct relation with the Law of Cause and Effect, the fundamental Law of our lives. This is a spiritual truism but one that the race of men has found difficult to understand or accept. Such an understanding and acceptance would change for ever, and at a stroke, much unnecessary pain and suffering in our world.

The Aquarian Energies, gathering potency with every day that passes, will make it easier for men to see the need for harmlessness. These benign forces work towards fusion and synthesis and so lessen the desire for competition and assertive individualism. The signs are beginning to show that man is on his way.

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>





Yoga of the Mind: The aim of life

SWAMI SHANKARANANDA MAHARAJI

Part One

Present day human beings have invented many scientifically engineered and other gadgets in the field of higher technology. This is due to their quest for personal advancement and material happiness or success. This advancement can only make life's journey more difficult. Standing in sharp contrast, our ancient seers or sages delved deep into spirituality and as a result have handed over to the posterity of humankind many valuable, hidden secrets in respect of one's existence and the goal thereof. If the present generation tries to understand and put into practise some of these spiritual truths, they will realise that their present ego-based material advancements are insignificant and useless compared to the purpose for which they came into this world.

We see in everyday life that all beings who come into earthly existence, live, age and perish after some time. Why doesn't the present scientific generation question the nature and purpose of birth and death. What happens after death? If this is really thought of deeply by the modern generation, the spiritual secrets of our ancient sages will unravel before their eyes and be revealed as everlasting truths to progress on life's journey. Spiritual life will be so much more meaningful and joyful than man's most modern inventions.

Our ancient sages studied the behaviour of all beings from elephants to ants in a subtle way and learnt the aim of life. It was clear that whatever life a creature or being lived, that life had a singular aim: that of seeking pleasure and avoiding pain. Why does an ant go to all the trouble of running from place to place. To satisfy the need for food in the present moment. Similarly, birds fly from place to place in search of food and rest. Man's actions from childhood have also been motivated by the search for satisfaction. A child cries for food, or to get his mother's attention if uncomfortable or in pain. In adulthood he seeks companionship and love, then employment to continue satisfying his material needs and sustain his family. Loving another person always expects love in return and acts of charity are performed to attain greater status and a peaceful conscience. In death, others cry not for the dead person, but because that person will no longer be around to satisfy their needs, be they for love, money or companionship.

It is thus clear that all activities of the common man, are aimed at the attainment of his own happiness and satisfaction, or relief from discomfort or pain.

Why is it that some must suffer more than others, or try harder to attain happiness? Why is one person born into a poor family and dies in misery, while another is born into a rich family and has every comfort? This does not make sense if we believe the philosophy that every child is born with a clean slate and free from sin.

Understanding this phenomenon and answering these questions should be man's aim in life.

From the teachings of Dr Pandit G Kanniah Yogi



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 Yogiaramaiah into Kriya Yoga and instructed to teach the techniques to serious and dedicated aspirants.

For more information visit www.jadatharayayoga.blogspot.com



Readers' Inspirations

Prayer of Perception

In the river of life, streams of current often bring the waves of life
onto the surface of visibility and perception.

Grant thy the energy to swim beyond the surface and to perceive
the invisible form energy that is ever-pervasive in every form of life.

SUREN PILLAY



Cosmic Love

When the world falls off to sleep

When the moon shines upon this land

When the silence of the nature can be heard like a marching band,

When all in life seems to be at peace, I sit in silence, I sit in peace.

Love is in me, and its outside. It is above me, and by my side.

Love is me, I am one with that great yogi....

BAPI



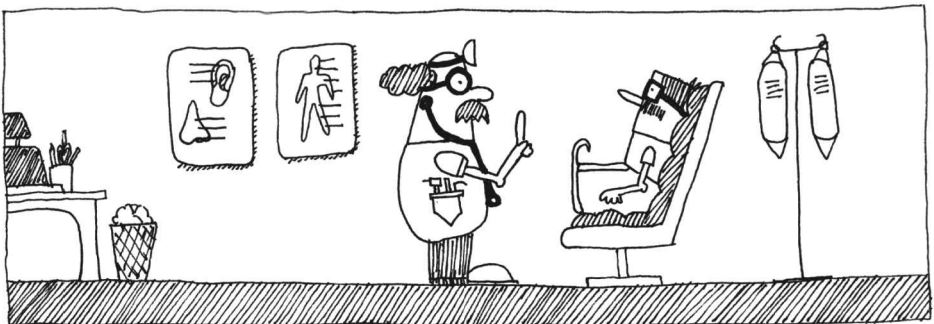
So long as we believe in our heart of hearts that our capacity is limited
and we grow anxious and unhappy, we are lacking in faith.

One who truly trusts in God has no right to be anxious about anything.

PARAMAHANSAYOGANANDA

the chronicles of puglanaanda *

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Doctor: Emotions are like having gas. The more you keep it inside, the more uncomfortable you feel. But if you let go, you will feel better inside and out.

* Puglanaanda means 'bliss in stupidity'.



Index of Resources and Online References

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