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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Eight

23 October 2010

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Welcome to the October edition of *Transcendence*.

The welcome summer rains have finally arrived in our little corner of the world. The sound of the plants rejoicing is almost audible. The seasons have once again come full circle as we move towards our warm South African summer.

It is at this time of the year that we review *Transcendence*. We'll be emailing all contributors to find out if they are wanting to continue participating in this little magazine, and also contacting new writers to try and secure a twelve-month commitment of additional great spiritual reading material for you. If you would like to contribute, or know someone who does, please email me with more info on what sort of articles will be submitted (jo.petzer@mweb.co.za). The deadline for submission of twelve monthly articles is the 31st of December 2010. Each one-page article should be between 400 and 600 words or 1000 words for a two-page contribution.

We remind all contributors and readers that it is the purpose of *Transcendence* to share multi-denominational spiritual lessons and experiences, focus on the common threads running through different belief systems, and provide an uplifting regular read to motivate subscribers to higher living values and greater expansion.

Let us focus on our fellow brothers and sisters in spirit in the month ahead. Although we may be following different paths of belief, we are all united in the same God and goal, each unique and beautiful in its own wonderful way. Encourage yourself to see this common love and unity in everyone you meet and to connect with others in this spirit of unity.

In Love and Service, always,





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Heavenletter # 1713 - An Enchanted Land

GLORIA WENDROFF

God said:

Fortunately, there is another world you live in beyond the world of upset that you are so familiar with. Fortunately, there are calm seas beyond the churning waters you visit. Fortunately, there is gold in the hills of life.

And there is gold in you. Enough of your attention on the outward strokes of life -- come within, and find Me. Join Me. Let Us confer. Let Us consult on the grandness of life.

Get your mind off the array before you. This is not denial I ask of you. I simply say: Enough of where your thoughts have been. Enough of this delving into the mob thoughts of the world. Now delve into the heights with Me. Come fly away with Me.

We fly to an enchanted land called Truth. It is a beautiful land where nothing but Truth exists. Do not think it is barren. It is a rich land. It is like a blue sea that is tranquil. Tranquil does not mean inert. This sea is filled with waves of love, lapping waves, overlapping waves, for love is the Truth and naught else is.

Do not think that to live in the Land of Only Love is a second choice or last resort. It is a spa where you are renewed. Just like spas on Earth, it's a good idea to visit frequently. A spa cleanses, and that is what the Spa of Heaven does. It is all free. It is all free for the asking. There is a long line waiting, yet everyone can enter instantly. You may wait for Heaven, but Heaven is ready for you. It is not necessary for you to wait. What are you waiting for?

You need no ticket. You are not handed a number. You just have to jump in or swim in through the fog of life you presently inhabit.

You need no change of address. There is no immigration to interfere. No visa is needed. There is nothing to keep you from dipping into Heaven but restrictions you have put on yourself.

Have you not been spending your time rummaging in the 5 and dime store when just beyond lies an Eternal Mall? It is white and perfect. Leave your shoes as you enter. You won't need them. You will have wings of flight, and your desires are your wings. Your desire will bring you here. Lift your thoughts up and you will be in this Mall of Whiteness. All your desires will be fulfilled here. And then you will find you have but one desire, and that is to be here!

You have entered the Courtyard of God. You have been invited. You have been extolled, even bribed, and still you mess around at the gate.

I would usher you to Me. I would kidnap you. I do kidnap you. But you drag your feet and refuse to come. You are afraid of something.

Are you afraid of Me? Are you afraid you will be disappointed?

It is the world that has taught you disappointment, and it is a lesson you have well-learned. You can leave that lesson now and enter the School of Greater Vision. You do not need eye glasses, for I give



you Mine. I have given you My eyes, and you forget. You are caught up in the sparkly eyeglasses sold in the 5 and dime.

You will not lose anything by letting go of the lesser. You will gain everything. You have everything to gain. Since when would you pass up a great bargain? Come now and consciously enter the Realm of Greater Thought. Come visit Me, and where I am is Heaven, and where you are is Heaven too once you get beyond the noise.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



You were born attached to your mothers so that you could dis-attach yourself and learn your Oneness with Me. You don't have to go anywhere. You do not have to distance yourself. You separate to learn there is no separation. Only, you have attachment to separation.

Heavenletter #1 - God Speaks



The solace I give is not solace. It is Truth.

Heavenletter #142 - Gladness



The heart knows only trust. It knows nothing of distrust or mistrust. It is your mind that needs to learn trust, and your mind learns it with Me. It has to disconnect from all the static so it can attune to Me.

Heavenletter #189 - Grow to the Sun



How dear you are to Me, My One Child, My child of Oneness! You are Mine, but I do not possess you. I free you. I scattered your One self across the face of the earth. I multiplied My love, and I am doing it still, and you who are My love also multiply My love. And you add up fast, My One Love.

Heavenletter #314 - God's One Child



Look upon all that you see today as if you are seeing for the first time. Consider your eyes the finishing touch on a painting. Your eyes paint a final wash on what the viewer before you has seen. Your eyes clean it. Your eyes purify it. Your eyes put a light on what the Artist has made.

Heavenletter #500 - Golden Light

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 November 2010

SWAMI SHANKARANANDA

ARIES: Finances and love are still under review but ambitions are strong and much career progress is being made. Foreign lands may be calling and there could be opportunities for travel. There may be religious and philosophical breakthroughs during this time, which result in great joy. Detox..

TAURUS: Singles have romantic opportunities with people from their past but go slowly. A business partnership could be forming this month. Finances are good and social connections are important. A good time for repaying debt. Get rid of excess possessions. Overall health is good but take time to rest.

GEMINI: Many deadlocked issues are resolved. The pace of events quickens and you enter a yearly social peak on the 22nd. Career starts to take a dominant place again. Watch your health. Finances are status quo this month but financial energy will be stronger from the 6th to the 21st.

CANCER: Health is improved but watch your energy and focus only on the essentials of your life. Strive for intellectual purity. Mental errors can manifest as a physical problem. Love is good and relationships tests seem to be resolved.

LEO: The pace of events quickens but this is still a time to focus on family. Career seems to be not as important so this is a good time for an honest career review. Health still needs temporary watching. Finances come from family or parent figures. Money comes to you in happy ways.

VIRGO: Finances are still under review. Continue to enhance wealth through social contacts. Focus on your family and let your career cruise for a while. There may be important renovations or repairs going on in the home, or a family member may be confronting surgery. Love life is still active.

LIBRA: Self-confidence is not what it should be due to personal review. You are still in a financial peak so this is a prosperous period. Keep up to date with technology. Communication is more important in love relationships than material possessions. A good time for intellectual pursuits.

SCORPIO: This is the time to de-emphasize career and outer goals and focus on family and emotional issues. Finances start to move forward on the 18th and after the 22nd, it will appear as if the cosmos wants you to be rich in order to be able to help others and find fulfilment. Health is good.

SAGITTARIUS: Spiritual growth continues this month. Finances are good and you enter a time of leading the good life. Watch your weight. There may be opportunity for foreign travel this month. Job-seekers need to do more homework before accepting opportunities.

CAPRICORN: Health is much improved this month and can be further enhanced by making a concerted effort to pay attention to it. Friendships may have been tested but you will have an opportunity to resolve these issues. This is a time to create conditions as you like them, on your terms.

AQUARIUS: Career is important and successful. Family are supportive of your goals. Love is still happy and you give priority to your relationship. New career opportunities need more study. Being willing to travel will play a part in your success. Be a good mentor to those below you and a good disciple to those above you.

PISCES: Money is high on your agenda now. Career is most successful. Although overall health is good, be sure to relax and not overwork. Love is happier with philosophical compatibility being important. You will succeed through hard work and possibly also social contacts.



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

How to avoid or rise above the conditions that interfere with direct perception of what is true

For thousands of years, millions of people have sincerely endeavored to be more spiritually conscious and to have a satisfying relationship with God. They have believed in a variety of forms of God, hoped that a messiah might release them from their conditions of bondage, offered sacrifices and worshipped in a variety of ways, experimented with systems and methods both old and new, prayed, and meditated. Yet, in the current era, as in past ages, only a few persons among the many who have endeavored to know God, have experienced a satisfying degree of spiritual growth.

Why is it that so many spiritual aspirants are not yet Self and God-realized? Some of them are not aware of their habit of clinging to habitual ways of thinking and behaving—or, if they are, are reluctant to make the necessary changes. Some have not yet acquired an intellectual understanding of their true nature and relationship with the Infinite. Others are not sufficiently self-disciplined or alertly attentive to adhering to wholesome lifestyle regimens and effective spiritual practices.

Many are tenaciously attached to their erroneous beliefs and emotionally dependent mental attitudes and behaviors or are inclined to be mentally perverse: to twist or distort what they learn to serve their self-centered inclinations.

When you are aware of mental attitudes or behaviors that interfere with your spiritual growth, assume mental attitudes and behaviors which are more constructive. With practice, you will discover that you can easily choose your thoughts, states of consciousness, and behaviors. Observe how you respond to events and to what others say and do. Notice that you are instinctively inclined to adapt your mental attitudes and behaviors to circumstances that prevail.

When you are alone, be serenely soul-centered. Refuse to allow your attention to be preoccupied with moods, problems, or unpleasant memories. Nurture peace of mind, emotional stability, and soul contentment when you are alone and at all other times. In the midst of activities and relationships you will be a soul-centered observer of transitory events and circumstances, freely living in this world, but not of it, competently functional without being unduly influenced by external conditions.

Cultivate inner stillness. During occasions of mental and emotional calmness, notice that you are Self-satisfied in the present moment, more conscious your essence of being.

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



The Art of Reverence

LUCIS TRUST

The word 'reverence' can have an almost old-fashioned connotation for the modern server, conjuring up images of religious adoration based on blind devotion and fear of God. But reverence, in truth, is a mixture of profound awe, respect and love. As such it would be a mistake to assume it is missing today, for it is more the case that it is simply changing guise and gathering around a more intelligent, less restricted view of the Divine. The human mind is starting to escape from the dogma that can only contemplate Heaven through the distorted lens of human desire, and which is humorously epitomised in Rupert Brook's poem, *Heaven*. Here, in a pond, on a hot summer's day, some fish are reflecting upon their destiny, concluding that:

... Somewhere, beyond Space and Time,
Is wetter water, slimier slime!
And there (they trust) there swimmeth One
Who swam ere rivers were begun,
... And under that Almighty Fin,
The littlest fish may enter in.
Oh! never fly conceals a hook,
Fish say, in the Eternal Brook,
... Fat caterpillars drift around,
And Paradisal grubs are found;
... And in that Heaven of all their wish,
There shall be no more land, say fish.

For humanity, the notion of all its fondest desires reaching their apotheosis in heaven must be supplanted by a sense of wonder of all that surrounds us in this world and which openly reveals the nature of Divinity to those who have eyes to see. Developing this vision is no easy thing, though, and involves concentrated, meditative thought in order to see the quality, meaning and purpose that exist. Through the mastery of this art, we steadily enter another world - not heaven as traditionally portrayed - but an inner world of qualifying energies that bring meaning to life and all its forms. We begin to see the working out of a divine plan colossal in both scale and grandeur, and we are filled with reverence. It prompts us to express its beauty and goodness in our relationships with others - according them the love and respect that all sentient beings warrant as expressions of the Divine.

Reverence, then, is a two-way process that not only calls on us to witness the Divine, but also to express what we have evidenced through the joy of right relationships. Reverence sees both humanity and nature within the context of the greater chain of Being and moving towards a future of ineffable beauty and creative living. The mud and slime of this world then become 'celestially fair', yielding their hidden potential. New vistas of meaning and powers of redemption are thus revealed through the spirit and the art of reverence. This power can greatly enhance our lives, bringing yet more Light and Love to bear upon this outer world.

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**



The Courage to Live

SWAMI KRIYANANDA

In the superconscious state, we understand that this world is a delusion, a cosmic dream. We are no longer attached to the body, to the opinions of other people, or to any outward realities. The whole spiritual life is a process of learning to live superconsciously. To do that, we must become completely centered in our higher Self because that's where our power and growth begin. In human terms, you can accomplish a great deal if your will power is strong and you direct your energy with enough positive expectation. But beyond a certain point, the ego can't accomplish very much unless it is attuned to the superconscious, and it takes a lot to tune in. You must recognize that there is a higher aspect of consciousness, even of your own consciousness, over which you have no control. You are offering yourself up into something you can't command, but the consciousness that comes, which is your own higher Self, doesn't impose itself on you.

You must first be receptive. But when you have the courage, determination, and faith to accept whatever it gives, you find that life's greatest tragedies can become doorways to the greatest joy. Many people think that the spiritual path is seeing visions and having all sorts of wonderful phenomena, but basically the spiritual path is right attitude. How do you react when a test comes? I once said to a brother disciple who was going through a big test: "Well, after all, you're young. You have at least 40 more years on the path, and you've got to get through this sooner or later." That practically threw him into a pit of despair. That's because he didn't have much courage. You won't be worthy of God if you try to run away from your difficulties, if you aren't willing to do whatever work is necessary to achieve freedom. To succeed on the spiritual path you need that level of courage that allows you to think, "No matter how long this test lasts, it will pass in time so why worry about it?" When a nail is buried in a board, you don't know the size of the nail, but if you keep pulling on the nail, eventually it will come out. Similarly, you may have very little bad karma left to pay off, or you may have a lot more. What does it matter? Work at it, and sooner or later it will pass. Remember, God will never let you down if you love Him and keep seeking Him.

Love is the most important quality of all. Love is what pulls us out of delusion. In fact, we can't put one foot in front of the other on the spiritual path until we begin to develop that devotional quality, that self-giving love—the sweetness, tenderness, and softness of feeling that come when you're no longer protecting the ego. Ultimately, we must learn to approach God with the total trust and faith of a child. The first duty of every devotee is to keep alive the lamp of devotion. Without love, you won't grow spiritually because love is the wavelength on which the Divine functions. An attitude of learning is also fundamental. Always be ready to listen to what seem like silly points of view; they may have something to teach you. We need to feel there's a great deal of truth we don't yet know, and to be open to that truth, regardless of the source. In fact, I've seen that the moment I write somebody off as too stupid to teach me anything, God uses that very person to teach me something. We need an attitude that says, "Maybe I can do better; maybe I can learn from this situation."

Willingness is one of the most important attitudes and something Paramhansa Yogananda always emphasized. When you're willing to give up your own desires to serve God, when you're willing to put yourself out that extra bit, when you're willing to say 'yes' instead of 'no'—that's what pleases God. Remember the principle: 'The greater the will, or willingness, the greater the flow of energy.' The more willing you are, the more energy you have. When you have an attitude of openness, of saying 'yes,' you find that things start to go well for you spiritually because willingness gets your energy moving in a positive direction. The goal of the spiritual path is to get all of your energy moving in that direction. Right attitude means being able to accept everything impartially.





Paramhansa Yogananda used to say, “What comes of itself, let it come.” That doesn’t mean only the good things; it means anything. And it doesn’t mean whipping yourself up into a false sense of well-being. The basic attitude is to be “even-minded and cheerful”—an attitude of neutrality, of calmly and cheerfully accepting whatever God gives. In the spiritual life, attitude is more important than anything else and it’s something we can keep growing in until we reach the perfection of union with God.

How do we bring more of the superconscious into our lives? We must understand that there are two levels here: daily life and meditation. In our waking state we can lift our consciousness up and be guided by the superconscious level. Always try, if a problem comes up in your life, to put your mind at the point between the eyebrows, the center of superconsciousness. Then withdraw a little into yourself and try to feel in your heart what the right solution is. Let that calm, inner feeling be your guide. Otherwise all the reasoning in the world can lead you astray, no matter how right it looks. The heart and intellect need to work together. You will be surprised at how easily you can do this once you have the practice, and how much better everything flows.

Excerpted from Intuition for Starters and The Light of Superconsciousness, Crystal Clarity Publishers

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visit www.expandinglight.org

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visit www.ananda.org





Simple as Breathing

ROD BRIGGS

Ye must become as little children to enter the Kingdom of Heaven!

Jesus Christ (Matt 18:3)

Truth is eternal; it doesn't change with fashion or societal norms, the only thing that changes is the depth that we are able to understand it. The Big Dude's words are every bit as valid today as they were two millennia ago; in His inimitable way He managed to get to the core of the human dilemma.

In a world that seems ever more frenetic we must learn to stop doing the hamster-on-the-wheel thing and let go. There are many ways of doing this but most of us are so close to the problem that we need reminders to shift our attention. The following is a list, by no means exhaustive, which we can use to aid us in simplifying our life. Jot it down where you can see it daily and you will rapidly see the value in it:

Just let go.
Have a sense of wonder
Share
Help others
Go to a museum
Face your fears
Limit television
Lighten up
Read books
Don't compare yourself with others
Be open to new ideas
Don't focus on negative thoughts...
Keep the romance in your life alive
Want what you have
Be true to yourself.

Follow your heart and find a new perspective.
Find people you love
Set goals
Dance
Pamper yourself
Exercise
Get in touch with nature
Get a good night's sleep
Buy yourself flowers
Don't beat yourself up
Make time to just have fun
rather focus on creating what you desire
Make a gratitude list
Love your Mother Earth

The above will give you the vision of a five year old again and life will become simple as breathing.

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





Mental Purification

SWAMI MURUGESU MAHARISHI

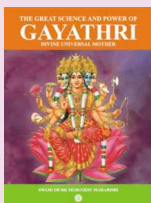
‘Mind control’, ‘concentration’ and ‘meditation’ are terms often used nowadays all over the world but, unfortunately, many who teach or learn these subjects often don’t care to know the prerequisite qualifications required before they can attempt to master such practices. It is known that some prerequisite qualification is required not only prior to mental exercise, but also for any act or deed of any kind. Persons who attempt to begin work without having the necessary qualification will never succeed in their attempt. If this is the truth for any ordinary physical work, then how can one expect to succeed in attempts at mental exercises without also possessing the necessary qualifications?

Not only for yoga sadhana, but for all mental exercises, the required qualification is ‘purification of mind’. Unless and until one first purifies their mind, they will not succeed in any mental exercise. Purification of mind consists in controlling emotions and feelings and training the mind to focus on beneficial and positive thoughts. Controlling emotions and feelings is not as easy as it seems. Only when one tries, will one realise how difficult it really is.

I would like to share here an ancient method to purify the mind. This practice is called ‘Manasa Parikrama’. Many who perform this daily may not be aware of its affect upon the mind. Here I will explain the same method in a slightly modified form so that modern seekers can practice it easily.

Sit in a quiet place facing east (in the morning) or west (in the evening). Do not sit on the bare floor but rather upon a wooden plank or bedsheet placed on the floor. Sit in Padmasana (lotus pose), or with the legs crossed comfortably. Keep your spine erect and do a few rounds of your regular pranayama. If you haven’t practised pranayama before, just focus on breathing deeply for a few minutes. Follow this with any mantra that promotes happiness, love and positivity, or on the following words if you don’t know a mantra: ‘Let all beings of this earth be happy. Let disease not affect anyone and let the worries of all beings be dissipated’. Repeat this at least five times each, facing east, west, north and south, focussing your complete attention on each direction as you repeat the mantra, vocally or mentally. Your whole consciousness should be pivoted to the action.

Within three months of regular daily practice of this sadhana your mind should be purified. You can ascertain this by the following characteristics: negative emotions will not arise as they did in the past and if they do will not affect you. Feelings of pain will subside, hateful thoughts will be overcome by loving thoughts, even towards your enemy. Remember, gold ornaments will not glitter if they are covered in dust. Purification of the mind is essential before commencing any spiritual pursuits that involve overcoming the mind. To take this method to the next level, one should practice Cosmo-Mystic Meditation as taught by Sri Khanniah Yogi in his book of the same name.



The Great Science and Power of Gayathri, Divine Universal Mother

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

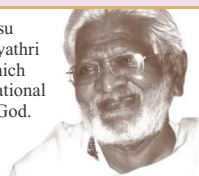
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Know Thyself: The Body/Mind Connection Part VIII

TRACY WHITE

Journey through the Chakras: Solar Plexus Chakra

This chakra is located in the solar plexus area two finger spaces above the navel. This chakra develops from 18 months to 4 years of age. Its basic right is to act and to be free. Its identity is connected to the Ego and deals with issues of *self-definition*. The emotion that does the most damage to this chakra is shame. In order to thrive emotionally this chakra needs validation, self esteem / respect, trust and safety.

This is our personal power centre. From here we develop our own identity, and our ego identity. We are concerned as to whether we are liked or disliked. We obsess with thinking about our insecurities, and its where we hold our fears about our insecurities.

Major issues: Personal power centre. Individuality, trust, fear & intimidation. Self respect, self esteem, self confidence. Honour oneself. Response ability. Fears of criticism / rejection.

Traumas that affect programmes: Shaming, authoritarianism, volatile situation, will domination, physical abuse, dangerous environment, fear of punishment, age inappropriate responsibilities, inherited issues.

The following list may indicate a *deficiency* of energy in this chakra: Having low energy, being weak willed, easily manipulated; poor self discipline; low self esteem, poor digestion; poor follow through, being unreliable; cold emotionally or physically or both.

The following list may indicate an *excess* of energy in this chakra: Being overly aggressive, dominating or controlling; need to be right and have the last word; power hungry; temper tantrums and violent out bursts; stubbornness; driving ambition and competitive; arrogant, hyperactive.

An indication of balance is someone who is responsible and reliable; has a balanced sense of self; is self confident and warm; has a good sense of humor and appropriate self discipline.

If I don't have the right to act and to be free (to explore, to be spontaneous and vital), then I am in conflict with my identity of self-definition. 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 amphetamines, cocaine, caffeine, work, anger, control, and may develop a habitual victim mentality.

The organs related to this chakra are the liver, gallbladder, stomach, spleen, pancreas, and upper bowel, all to do with digestion and how we digest our lives.

The following are affirmation that may stimulate the energy in the solar plexus chakra:
"I honour the power within me." "I accomplish tasks easily and effortlessly."

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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Mastery of Influence

SUREN PILLAY

In the world today we find so many people, in quest of money, name and fame, power and influence. These desires are often so strong that the ordinary man does not have a moment's opportunity to contemplate his own true nature. It is said that man was made in the image and likeness of God. To that end every human being has the qualitative characteristics of that Supreme Intelligence or God. However, it is the fundamental problem of desire which is the cause for much limitation and suffering in the conditioned human being.

Spiritual practice such as yoga and meditation are diametrically opposed to the lower forces of desire and transient pleasure. Even though spiritual practice do not reveal any instant bliss to the practitioner, after prolonged periods of intense practice, the practitioner experiences a great deal of inner calm and more bliss in his everyday life. His every action is blessed with the Almighty's grace and his every thought beneficial to the entire cosmos.

From this viewpoint man is not a human being with a physical outer covering but a cosmic energy expressing itself in the physical plane of a human body. The true nature of man cannot be grasped by the ordinary individual because such perception is only limited to the physical plane of existence.

Existence expresses itself in numerous layers of reality, each condensed with varying levels of vibration and intensity. For existence to be truly perceived in its totality, man's perception needs to be awakened to deeper levels of consciousness and awareness. It is the goal of meditation to expand the wavelength of thought within the human mind such that one may begin to experience a glimpse of a part of himself that does not die at death. Death represents only a transitional state in the movement of one field of energy and vibration to another.

Truly realised masters do not fear death, for they have experienced first hand in meditation the different realities beyond death. Each reality conveys a certain uniqueness in perception, and ultimately, even these realities become an obstacle in meditation if one is not able progress past them. The most powerful influence in the world, therefore, is not nuclear weaponry or atomic energy, but thought. The source of thought is mind, and thus it is our minds that determine the level of influence we have on the world. Most rishis and saints could influence physical events almost instantaneously by the power of thought. The reason is that thought power in these saints is a million times stronger than that of the ordinary individual, due their regular, repeated practice of meditation.

Meditation strengthens thought forces, and thus makes an individual more magnetic and influential in any sphere of existence. Meditation links the body, mind and soul in a divine symphony of perfect health, divine calmness, and super-conscious perception. It thus represents the highway to spiritual attainment, and should be practiced by every sincere devotee of God and Guru who wishes to attain salvation, liberation or moksha!

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>





Prayer, Meditation and Fasting

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

The core of religious faith is that mystic feeling that unites man with God. This state of spiritual communion can be brought about and maintained by means of meditation and prayer. And this is the reason why Bahá'u'lláh has so much stressed the importance of worship. It is not sufficient for a believer to merely accept and observe the teachings. He should, in addition, cultivate the sense of spirituality, which he can acquire chiefly by the means of prayer. The Bahá'í Faith, like all other Divine religions, is thus fundamentally mystic in character. Its chief goal is the development of the individual and society, through the acquisition of spiritual virtues and powers. It is the soul of man that has first to be fed. And this spiritual nourishment prayer can best provide. Laws and institutions, as viewed by Bahá'u'lláh, can become really effective only when our inner spiritual life has been perfected and transformed. Otherwise religion will degenerate into a mere organization, and become a dead thing.¹

For Bahá'ís, the purpose of life is to know and love God, and thus to progress spiritually. As in most other religions, prayer and meditation are primary tools for spiritual development. Bahá'u'lláh Himself wrote hundreds of prayers. There are prayers for general use, for healing, for spiritual growth, for facing difficulties, for marriage, for community life, and for humanity itself. Bahá'u'lláh also asked His followers to choose one of three 'obligatory' prayers for recitation each day. The shortest of these prayers is just three sentences long. It says much about the relationship between God and humanity. It reads:

I bear witness, O my God, that Thou has created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth. There is none other God but Thee, the Help in Peril, the Self-Subsisting.

The term 'obligatory,' as applied to these prayers, implies for Bahá'ís an understanding that humans have certain spiritual duties before God. Bahá'u'lláh also urged His followers to spend each day in meditation: "Meditate profoundly, that the secret of things unseen may be revealed unto you, that you may inhale the sweetness of a spiritual and imperishable fragrance..." Specifically, He encouraged us to reflect at the end of each day on our deeds and their worth. Other than this, Bahá'u'lláh did not specify a particular approach to meditation. Instead, each individual is free to choose his or her own meditational form.

'Prayer,' says 'Abdu'l-Bahá, 'is conversation with God.' In order that God may make known His mind and will to human beings, He must speak to us in a language which we can understand, and this He does through the guidance of the Manifestations. 'Abdu'l-Bahá speaks much of this spiritual language. He says, for instance: "We should speak in the language of heaven -- in the language of the spirit -- for there is a language of the spirit and heart. It is as different from our language as our own language is different from that of the animals, who express themselves only by cries and sounds. It is the language of the spirit which speaks to God. When, in prayer, we are freed from all outward things and turn to God, then it is as if in our hearts we hear the voice of God. Without words we speak, we communicate, we converse with God and hear the answer. ... All of us, when we attain to a truly spiritual condition, can hear the Voice of God."

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-

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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.

Messages on Brotherhood

BY THE MASTER through Benjamin Creme

My friends, My children, I am here to show you that there exists for Man a most marvellous future. Decked in all the colours of the rainbow, glowing with the Light of God, Man, one day, will stand upright in His Divinity. This I promise you. I am a simple Man, and simply I make My appeal to you: Trust Me, follow Me, let Me take you into the future time, on the basis of Love, on the basis of Sharing, on the basis of Brotherhood. (Maitreya, from Message No.4)

My Mission is to evoke the Principle of Love in all men, and for those who are ready, to show a Higher Truth. The means are simple: Through Justice and Freedom for all, that Love can be expressed. Through the manifestation of man's Brotherhood, the Source of All can be known. May it be that you will quickly see this, understand the purpose of life and show the way for your brothers. Thus can you take part in the transformation of your world. (Maitreya, from Message No.41)

The key to My Teaching rests, as you know, on the principle of sharing. All that men do and all that man will do depends on this simple and basic truth: that from the One we call God flows the Providence for all men. Accept this as a fact, My friends, and enter your divinity. Within you all sits such a God, and through men, together, can that God manifest. This is the way planned for you from the beginning. When men see this they will know the Truth of Brotherhood. My Mission proceeds and steadily My Face and Voice become known. (Maitreya, from Message No.69)

So, My friends, at this time of change must the old structures be renounced, and simply, in Brotherhood, must all men share. Plans are afoot to bring Me closer to your eyes than before. Likewise, steps have been taken to bring Me to the ears of many. Thus do I set foot on My Mission's path. When you see Me, My friends, you will see a Brother and Friend; you will see One Who knows the Way, long-since trodden. My task is to take you with Me upon that simple Way and release in you your divinity. (Maitreya, from Message No.118)

Let Me lead you into your Divine Heritage. I shall show you wonders of which you cannot dream. I shall release from your eyes the blindfold of ignorance. I shall drive from this earth forever the curse of hatred, the sin of separation. Let Me take you with Me, My friends, back to your Source, back to the cradle of your Being, and release in you your Godhead. My Masters will serve you, too, will teach you to live together in true brotherhood, in justice and harmony. Forget not, My brothers, that you are One, that the Father of All has created you in His Divine Image, that through you shines the same blessed Light of Love and Truth. (Maitreya, from Message No.51)

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
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Yoga of the Mind: What is Divine?

SWAMI SHANKARANANDA MAHARAJI

Part Two

All who read this article may think to themselves, 'I am divine'. To be divine is to know life; and to know life is to know God. To know God you must have a personal relationship with God. Only then can your life be filled with divine consciousness. Once this is achieved, you will enjoy the joy of living and the joy of the Self within. Many stare blankly into space as if waiting for some divine instruction. Look around you right now and you will see this. This is just routine. Are you also waiting for something to happen? Are you living?

The spiritual journey is like going to Mount Kailash: it is only an upward journey. You travel for a while, settle, experience and pick up the journey again. Whenever you lose your relationship with God, you descend into depression. Therefore, let that relationship with God be continuous and committed as only then will you rise consciously towards the Divine. As soon as the mind sends negative messages, you will be pulled down immediately. Don't let this happen and if it does happen, let it be temporary. To come back needs work so to keep that relationship strong, you need to be steadfast and sincere. Remember that depression is part of the process of climbing.

Once your relationship with God is maintained you will find inner joy increasing continuously. Know that the higher you climb on the spiritual path, the greater will be your joy. There will be no moments of sadness, and you will feel the energy of Spirit guiding you always. All requests will be answered from within and you will seem to 'just know' the answers. I have found this to be true for myself. Whenever people ask me questions, I first become excited to answer them but after a moment of silence, the answer or solution is provided. I know that I don't have the answers and that I am just a servant of God and guru. But by 'tuning in' through silence, I will have the correct acceptable answer.

The more you experience God's presence, the more you experience God. 'But how do I experience God?' is the general question. Whatever your needs are, they will be there when you really need them. The right opportunities will surface as if by magic. When this happens, there will be an inward increase in your sense of security, happiness, love and joy. And when joy pervades everything you do, the state is bliss.

Together with prayer, asana, pranayama and meditation are necessary. These different forms of yoga help largely in keeping your relationship with God strong. Yoga eliminates ego which, when it intrudes, destroys your practices. Ego is external and you should not allow it to take over all that you have inwardly worked for. Spiritual sadhana works inwardly, in the seat of consciousness. Serve God well, offer everything at His lotus feet. Serve your community well and remember always that the person in your presence is always bigger than you. That is all God wants of you.

The essence of this journey is to be impersonal without coldness, indifference, ego and its motivator, the mind. Practice the presence of God. Know your guru and God. Know your spiritual status. By practising knowing God, repentance and humility, you obtain purity of character and freedom to know that supreme personality.

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 Yogiari 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

The Fire Rite of Worship

In the darkness of light a candle light awakens my flame of determination,
 As it burns, so the light of perception dawns ever closer.
 Ever closer, never far away is He who is the source of every flame.
 Let me burn on in the intensity of practice so that I may reach the light,
 Ever united with Thee who has never been apart from me!"

SUREN PILLAY



An Offering

The wave merged with the ocean,
 And the greatness can once again be seen.
 No difference between the creator and creation,
 Such is His being.
 Eternity, eternally, my humble prostrations will always be unto thee.
 om sri gurubhyo namaha

BAPI



The amount of true happiness, peace, harmony and joy experienced by mortals,
 is determined by the amount of spirit that is present within them.

ANONYMOUS

the chronicles of puglana^{da}*

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Puglananda...The Wise: I'm sure God put taxi's on the Earth to teach us anger management.

* Puglananda means 'bliss in stupidity'.



Index of Resources and Online References

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