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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

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Welcome to the November edition of *Transcendence*.

As we rush towards the year-end holidays and embrace Diwali, Eid and Christmas, many find themselves placing a little more emphasis on Spiritual activities. This often brings up interesting discussions among people of different spiritual persuasions.

God is for Everyone is the title of a book by Swami Kriyananda. But how often do we take the time to ponder on the meaning and depth of these words? God cannot but be for everyone. Conceiving God to be for some people and not for others is a sadly distorted view of the Truth.

God cannot be put into a box. He cannot be defined in any one way, though man has tried for millennia to do so. Insisting that God is 'this', not 'that' is akin to saying 'I am right' and 'you are wrong'. It is judgement to the extreme. God simply cannot be limited to our small human imaginations.

So, how do we approach the situation, when another is adamant our perception of God is wrong? Or that our liberation is impossible because our belief differs from theirs or their scriptures? We approach it with love and understanding. When we insist the other person is wrong, we are committing the same judgment-sin as they are. No one is wrong. They are not wrong because they have a different perception of God, and neither are we. It's not a matter of right or wrong. It's a matter of how close we are to God and God has given us so many different ways to be close to Him that we're spoiled for choice. And what happens when we have so many options to choose from? Confusion sets in.

It matters not what our perception of God is. What does matter is that we follow that belief with single-minded dedication, devotion and focus, and we will find the God of our perception, be it a wrathful God, a loving God or a motherly God.

May you be blessed and may you be embraced by the only true God, your God.

In Love and Service, always,





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Heavenletter # 2184 - Awareness of God

GLORIA WENDROFF

Please remember it is just fine to enjoy the relative. Do not be conscience-stricken that you had a wonderful time or that you are fortunate and that many gifts of diverse kinds are coming your way. I want happiness in the relative world for you. It is My desire that you enjoy. Do not concern yourself whether you deserve or don't deserve, caused or didn't cause. Just enjoy.

Certainly, think of Me often. That does not mean you have to think of Me every moment or feel guilty when you don't. I am not a homework assignment. Have Me simply in mind.

Decide ahead of time to have Me in your awareness, and in your awareness, I will be. Thinking of Me and awareness of Me are not the same thing. Think of Me often enough, give your heart in word and deed, and you will have awareness of Me. You will have awareness the way you imagine auras are seen naturally. You will have awareness of Me without thought, beloveds. Awareness has to be beyond thought. Experiences and talking about experiences aren't quite substitutes for awareness.

When you are aware that the sun is warming you, you don't have to think about it in order to be aware. Nor do you have to think that it's getting dark in order to know it's getting dark. When you are by the ocean, and you feel the mist on your face, you have the awareness of the mist on your face. In these cases, you have awareness first, and thoughts after.

The word God does not even have to be in your vocabulary in order to have awareness of Me. And yet, the more you consciously think of Me, the more I will be in your awareness.

Remember you are not on a hunt for enlightenment. You are on the hunt for Me. When your pursuit is for enlightenment, you make enlightenment an object with certain properties that you put as a standard before you, sort of a glory, an accomplishment, even a feat. It's not quite so easy to do that with Me. No one can tell you that you have reached this plateau or that plateau with Me. You can't even tell yourself. You just have to live and be and not be quite so self-conscious about Our relationship.

Rather than desiring a certain state of consciousness and sharing notes with others about it or comparing yourself with others, or even comparing yourself with yourself, just gravitate toward Me.

There is such a tendency to plan life, to know every step of the way. You are accustomed to going from first grade to second grade, from elementary school to junior high school and so on and getting diplomas.

Coming closer to Me, beloveds, is your own reward. It is between you and Me. It is not meant to be a status symbol in the world. Coming closer to Me, beloveds, is not meant to give you a degree. Just quietly come to Me. Do not look for applause, nor credit, nor any recognition at all. Just be, beloveds, and without attention to yourself or explanations to others, just carry My light and brighten the light of others. Light up someone else, just the way in the movies the star would light a cigarette for someone else.

He didn't have to say: "Now I am lighting your cigarette." He didn't have to say: Your cigarette is lit." He simply lit the cigarette.





This is even more true when it comes to your giving My light. Do it anonymously without fanfare. It's not a production. Simply be of service where you are now. You don't need an identification card, beloveds. I am enough.

SOURCE LINK TO THIS ARTICLE

Inspirational Quotes

God said:



There is no need to wait for the body death before knowing Me. The fact is you do know Me. You know Me very well. You haven't quite recognized that or kept your recognition. You have been busy holding on to other things. You have even entered a realm called worry, which is the same as abandoning Me — considering Me unavailable to you — and choosing something less to be your constant companion. Whatever else you choose, it is less.

Heavenletter #52 - Heaven and Truth



Enjoy My Light that shines in you, My dear Children. Deny it not. Lift your head high. Stand tall. You stand for Me. You shine for Me. Uncapture your rays of light. Emit your rays of light so I may shine them back.

Heavenletter #61 - Human Holy Light



Being attached is having to have. Having Me, you have Everything, so you need nothing to be attached to. Why would you go back to old ways when you have God alive deep within you? What would you choose over being My companion? I am the Companion of All, so when you are Mine, all is yours. When you are attached, you cannot fly. You can hardly get off the ground.

Heavenletter #63 - He Awaits You



Ask that you be so filled with My love that every utterance from your mouth is from Me.

Heavenletter #75 - How to Bless



Your desire is for love to come out of you. You may think your desire is for love to come to you, but your desire is to express.

Heavenletter #204 - How to Create

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 December 2010

SWAMI SHANKARANANDA

ARIES: A month of rapid forward motion, a banner career month. Try to rest and relax more. Pay attention to your heart, liver, thighs, spine, knees and teeth. Financial judgement is more sound. You need to make your marriage or relationship your number-one priority.

TAURUS: Love is being tested and many changes in existing relationships are happening. Still a good time for detox and eliminating the excess in your life. A good financial period for your partner or spouse. Students make changes in their educational plans and maybe change schools. Health is good.

GEMINI: Everything is moving forward for you. Review your home and family life and see where improvements can be made. There may be sudden unexpected financial changes. Health still needs watching. Pay attention to your heart, kidneys and hips.

CANCER: Keep your focus on your health now, through proper eating and exercise. Work to maintain high energy levels. A time for spiritual changes and revelations. Singles have many options and opportunities. Be careful of overspending. There may be some financial disagreements.

LEO: There is more clarity in love and love opportunities may come in strange ways. Health is much improved and energy is high. Money comes through hard work and practical service. Continue to focus on the family and home. Spiritual revelation can cause changes in your spiritual practice.

VIRGO: Family is the major interest and focus. This is a time to find and function from your point of emotional harmony. There may be career changes and friendships get tested. Enhance your financial life with good ideas through good marketing, sales and use of the media. Watch health until the 21st.

LIBRA: Home and family are even more important this month. Your career situation may be changing. Finances are good but health needs more watching after the 21st. Maintain high energy levels and don't let yourself get overtired. Pace yourself.

SCORPIO: A happy month ahead. Love is much improved and your relationship is back on track. You are still in the midst of a yearly financial peak and prosperity is strong. Health is wonderful. There is a need to feed your mental body. Students may be affected by changes in school.

SAGITTARIUS: Health and energy are basically good, but if you overdo it there will be a price to pay later on. Spiritual healing is powerful this month also. Love affairs may meet with some temporary bumps. From the 21st you enter a financial peak and finances improve.

CAPRICORN: The spiritual period you entered last month continues. Those on the spiritual path will make breakthroughs. Those not on the path may embark on it. Pleasure is high from the 21st. Marriages and relationships will be tested. Finances are great and will improve even more.

AQUARIUS: You will begin to see the fruits of your spiritual efforts. The material world loses interest for you and you want to move closer to spirit. Your financial well-being is dependent on your spiritual connection and there may be job changes in the pipeline.

PISCES: A time to launch new projects. Family members may be more volatile and temperamental during this time so be patient. Those of in the arts may make important changes in your creativity. Speculations should be avoided during this time. Watch health. There may be work-related travel.



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 quiet the hidden influences that cause mental restlessness and emotional unrest.

Below the threshold of your conscious awareness a variety of impulses cause waves of fluctuations and changes to arise in the mind and contribute to emotional instability. Like small eddies (whirling currents in water or air) their movements stimulate and arouse thoughts and emotions. When they are restrained and pacified, mental peace and emotional stability prevails when you are sleeping or are awake.

When you are meditating, as their influences are diminished, you can more easily remove your attention from ordinary states of mind and consciousness and concentrate without being distracted. When they are completely still, your flawless Self-knowledge will effortlessly emerge into conscious awareness.

It is not only when meditating that subliminal influences which contribute to restlessness and fragmentation of awareness can be restrained and pacified. At all times, nurture peace of mind and emotional stability; calmly relate to events and circumstances; avoid activities and personal involvements that overly stimulate the senses or emotions. Be attentive in the moment. Live with a clearly defined sense of meaningful purpose. Concentrate only on essential matters; disregard or minimize what is not essential for your total well-being and spiritual growth. Discern the difference between your essence of being and what you observe or experience.

You are constantly choosing your thoughts, behaviors, and circumstances. How are you habitually thinking and behaving now, and what are your prevailing circumstances? Decide: do you want to complacently live as an ordinary, self-centered human being, or do you sincerely want to be Self- and God-realized? The right choice should be easy to make.

Behind your thoughts and emotions, your pure essence of being remains ever what it is: serene, joyous, whole, and Self and God-knowing. Instead of trying to “become” enlightened, by meditative contemplation examine that which you already are as an immortal unit of the one Reality. Acknowledge your true nature. Let your innate qualities, capacities, and powers of perception and expression come forth and be actualized.

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 Inner Beauty

LUCIS TRUST

A gem cutter's art lies in revealing the beauty hidden within a crystal. Beginning with the cleaving blow to the stone, followed by cut after cut, the gem cutter gradually releases into full expression the inner beauty imprisoned within the larger stone.

The soul, the quality aspect, of the human being emerges into active expression in a similar manner. Just as one sculptor explained his art as the elimination of everything in the stone that didn't belong to the intended subject of the sculpture, so the spiritual aspirant sets about eliminating from his or her field of expression all that is of the not-self — all that is contrary to the soul. Knowing what belongs to the not-self is similar to the decision of the sculptor: a clear vision of that which is to be revealed must be held uppermost in consciousness throughout the process of revelation.

Learning to see the inner beauty in a person, a situation, an environment, or a circumstance isn't always easy. Life, as it is lived on earth, tends to cause the accretion of layer upon layer of material substance until the inner spiritual essence is hidden just as an ear of corn is encased by husks. This outer world of appearances is often mistaken for the true reality, and the longed-for search for beauty relies upon outer appearances.

As in all goals worthy of achievement, training is necessary to reach them, and so it is with the revelation of inner beauty. We learn to recognise beauty and to assist in its full flowering by looking for it within the outer world in which we live. We can find this inner beauty often silently expressing in a brief moment or a chance encounter. In an otherwise sombre environment we might suddenly be struck by a subtle radiance awaiting our recognition. The inner beauty is ever present, but latent and awaiting our discovery when we look for it in unexpected places and come to it with a willingness to be surprised.

It has been said that beauty is as much of divinity as can be expressed through any one form. Form is intended to serve, not as a container, but as a lens through which inner beauty can pass in fulfillment of a cycle of energy flow and for a purpose that we cannot fully understand.

By bringing spiritual qualities such as light and goodwill from latency into potency in human expression, the beauty of the inner realms is being brought into sharper revelation, and the adage, let inner livingness emerge for all to see, is being fulfilled.

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 Science of Happiness

PETER VAN HOUTEN

Over the last two decades, scientists have done considerable research on what makes people happy. This field is known as the science of “positive affect,” and the studies have yielded interesting results. One study looked at how getting involved in a relationship affects a person’s level of happiness. It showed that there is usually an increase in a person’s baseline happiness level in the first three to six months of a relationship. But six months to a year later, the person is right back to where they started. Another study asked people from four different income levels, including the most impoverished and the well-to-do, “How much more money would you need in order to be happy?” The answer, invariably, was about ten percent more.

Whether living in dire poverty or rolling in wealth, they all thought they would be happier with ten percent more money. This suggests that if they had ten percent more, in a fairly short time they would need another ten percent! Overall the positive affect studies have shown what yogis and great saints have been saying for thousands of years—that when we look outside ourselves for happiness, we’re a little happier for a while, but fairly soon we’re right back to our baseline level. In general, the studies show that a person’s baseline level of happiness usually remains about the same throughout life, with a slight decrease after the age of seventy, usually because of illness.

Most people look for happiness in the wrong direction—they look outward to the circumstances in their lives. They believe that if they can just find the right person or job, or have more money, they’ll be happy. Related to this is the idea that a happy life is a problem-free life. The good news is that the science of positive affect is now telling us what the great saints and yogis have been saying for thousands of years—that there are things you can do that will make you happier long term, and really change who you are. There are the obvious things of keeping yourself physically healthy—exercise, diet, and all the common sense things you’d normally think. What the yogis would say is, “Keep your body fit for God-realization.”

On a more subtle level, what the scientific studies have found is that people who try to have positive attitudes about life are happier. By training themselves to have better attitudes, they raise their baseline level of happiness. In spiritual development it’s the same thing. Happy people are those who choose to be happy under all circumstances. They don’t say, “Oh, if I could just solve this problem I would be happier.” They look at the problem and say, “This problem is here. Let me do what I can practically, but why not be happy now? Why not be happy while I go through this? Then there’s a better chance of a good solution coming out of it.” Our real happiness, and also our spiritual development, begin when we learn to transcend the ego and the emotional baggage that goes with it.

In my medical practice, if I’m with a patient who is very upset and I’m having difficulty deciding what to do, I’ll often ask myself, “What would I do right now if I didn’t have an ego. How would I respond to this?” And boy, does that make knowing what to do easier! Once you get your ego out of the way—that part of you that can be bruised or hurt, or needs to feel justified or stroked — suddenly you gain a much better idea of how to address the problem, and in a way that won’t accrue more karma or enmesh you more deeply in the situation. I experience a sense of tremendous freedom whenever I feel that my ego doesn’t matter, my likes and dislikes don’t matter, and all that matters is living for God.

It’s easy for us, even when we’re on the spiritual path, to forget that God is the Doer. We can get up caught in our “to-do” lists and the thought that I’ll be happy if other people are happy with the job I’m doing. But then the difficulties come, and we find ourselves faced with a challenge we can’t handle. On the path of Kriya Yoga we’ve been given powerful tools of meditation that allow us to interiorize our energy and feel the presence of God within. We know that God listens, but we have to remember to open up to Him and give Him our problems. ▶



We can't solve the big problems with our own strength, just as we can't change ourselves spiritually with our own strength. We need to ask for help and say, "God, I can't do this on my own. I can't do this with my little ego and personality. You must do this through me." God likes to be invited into the situation and asked to help in that way. He wants to help us, but He won't intrude unless we invite Him in. We must turn to Him with deep sincerity and devotion and draw on His power.

Toward the end of his life, Frank Laubach, a Lutheran minister and a deep man of God, said: "When I look back over my life, there were times that went very smoothly and there were other times when things were very painful on a human level. But here at the end of my life, when I look at the times that were comfortable and I thought all was right with God, in fact I was coasting. And when I look back at the times when I was suffering, I see that's when I was growing."

That's why we should be grateful for the hard times, for the coworker who drives us nuts or when a good friend or our spouse does something that upsets us. That's our opportunity for spiritual growth. That's our chance to get beyond our egos, to behave in a Christ-like fashion, and to be changed by that process. All the problems in our lives, the things that test our limits, are there to help us remember that God is the sole reality. The more we live our lives moment to moment with the awareness that whatever we're doing, it's God flowing through us, the more we experience a joy—a happiness—that's not dependent on outward circumstances.

From 1996 and 2003 talks. (Peter Van Houten, a Lightbearer and Ananda Village resident, is the founder and medical director of the Sierra Family Medical clinic near Ananda Village.)

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Eternity in Balance

ROD BRIGGS

We are often so focused on the close up that we cannot see the bigger picture. On a daily basis, indeed almost continually, we are presented with interactions that we see in terms as either positive or negative. The offshoot of this is that our emotions fluctuate, often dramatically, following whichever exchange is happening at the moment. With good news we are elated, when presented with bad we feel down.

We are all aware of this see-saw of life. There are many psychological coping mechanisms which we can use to help us, from Stoic acceptance to Buddhist non-attachment. There is, however, another view which echoes the way the cosmos works.

The dualistic nature of the place we live in follows set principles, one of which, the First Law of Thermodynamics, tells us *that energy can never be destroyed*; only converted to another form. This means that we are just converters of energy. We can choose to use this energy in one of many ways but another Universal Law, Newton's Third Law of Motion states that *for every action there is an equal and opposite reaction*.

This holds true for *all* action, including movement of energy; and moving energy is what we do every time we allow ourselves back on the emotional roller coaster. So by logical extension: every time there is a positive there is a counter balancing negative, and vice versa.

Think of your experience of life and you will see this is true. Every positive comes at a price and every negative brings a gift. We haven't only been aware of this since Sir Isaac's time; this understanding can be found in all traditions, if you know where to look. The Taoist symbol for balance, the Yin-Yang, contains a seed of darkness in the light side and a smidgen of white in the dark.

To the extent that you can see the gift in the negatives and be aware of the price of the positives you will be beginning to live your life in the balance of eternity.

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





Understanding mind-control

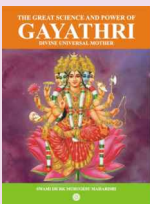
SWAMI MURUGESU MAHARISHI

‘Mind control’, in this context is derived from Patanjali’s *Chitha Vritti Nirodha*. Many have translated this as, ‘the controlling of mind’, which is not correct if based on practical experience. Nowadays it is well known that man has not one consciousness, but three. One of them is mind, the other is the subconscious and the third the unconscious. Anyone who understands the connection between these three states will understand the meaning of Patanjali’s mind control aphorism. ‘Mind’ in yogic literature is called ‘mana’; the subconscious is referred to as ‘chitha’; and the unconscious as ‘divya’.

In experience, it will be discovered that when one tries to control his mind, it begins to waver and the effort of focussing one’s consciousness in an attempt to subdue it only results in more and more thoughts rising to the surface. It is a fact that many inexperienced masters teach their students this incorrect and difficult method of controlling the mind. I have personally witnessed many disciples who have spoilt their steadiness of mind and sustained mental disorders by trying to control the wavering of the mind in the abovementioned manner. In addition, many orthodox elders oppose their youngsters undertaking any kind of mental exercise. Too many seekers understand mind control to be the subduing of arising thoughts by focussing their attention on those thoughts and impressing their force of will to check their arousal. All these methods are ultimately not successful and constitute an unscientific approach to this concept.

No doubt, after the illumination given by experienced yogis, many abandon their previous paths in exchange for the path of their spiritual master or guru. Those who understand the correct method of practising mind control will realise that it is not as difficult as it is made out to be. The difficulty lies in their incorrect approach: that of trying to control the conscious mind when it is actually sensual stimuli and the subconscious mind that generate our thoughts. So, unless chitha becomes still, the mind will always be restless and without attempting to subdue the function of chitha, it is useless to try and control the mind. It is for this reason Patanjali teaches us that ‘yoga is to subdue the function of chitha’.

It is an incorrect assumption to believe that by mind control we can acquire world pleasures or solve worldly problems. If the mind is still, how can one think and chalk out ways and means to acquire pleasures or solve problems? It should be stressed that those wanting to acquire worldly pleasures should not try to control their mind but instead should develop their mind power and focus it to materialise what they want. Such mind power is drawn from the unconscious through chitha. Based on this fact, auto-suggestion and mind analysis is now practised worldwide with success. My advice to readers is to not worry about trying to control your mind. Leave it as it is and simply follow the methods of meditation that will be supplied in my following articles.



The Great Science and Power of Gayathri, Divine Universal Mother

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

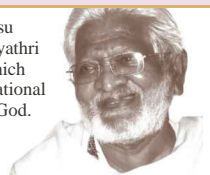
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Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Know Thyself: The Body/Mind Connection Part IX

TRACY WHITE

Journey through the Chakras: Heart Chakra

This chakra is located in the centre of the chest. This chakra develops from 4 to 7 years of age. Its basic right is to love and be loved. Here we develop a social identity connected to issues of *self-acceptance*. The emotion that does the most damage to this chakra is grief. In order to thrive emotionally this chakra needs love, forgiveness, acceptance, safety, validation.

Here we experience compassion and loving kindness, or jealousy and non forgiveness. This centre is very important in the development of the spiritual journeyer. Those who are on the path of spiritual enlightenment will recognize the radiant beauty of this energy. Those who are not may be suspicious and paranoid.

Major issues: Love, forgiveness & compassion, emotional perceptions, Hope & Trust. Need for human determined justice, fears of loneliness / emotional weakness / betrayal. Loss of energy can lead to jealousy / bitterness / anger / non forgiveness. Self centeredness.

Traumas that affect programmes: Rejection & abandonment, loss. Shaming and constant criticism. Abuse to any of the chakras. Unacknowledged grief, divorce, death, loveless cold environment, conditional love, sexual or physical abuse, betrayal.

The following list may indicate a *deficiency* of energy in this chakra: being antisocial or withdrawn; being critical and judgmental; suffering from depression; being lonely or isolated; having a fear of relationships or intimacy or a lack of empathy.

The following list may indicate an *excess* of energy in this chakra: having poor boundaries, being co-dependant, demanding, clingy and jealous; being overly sacrificing.

An indication of balance is someone who is compassionate, loving and empathetic. Is self loving peaceful and balanced. This person will have a good immune system.

If I don't have the right to love and be loved, then I am in conflict with my identity of self-acceptance. 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 tobacco (smoking), sugar, love, marijuana, jealousy, judgmental behaviour.

The organs associated here are the heart, thymus, lungs and diaphragm.

The following are affirmations that may stimulate the energy in the heart chakra:

"I am worthy of love." "There is an infinite supply of love." "I live in balance with others."

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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Sadhana

SUREN PILLAY

A study of the lives of spiritual masters, sages and saints reveals a common denominator: that of consistency in spiritual practice. It is arguable whether many of the saints would have achieved such deep levels of consciousness if it were not for their sincerity and intensity in practice. Sadhana is the term for spiritual practice, and it implies a conscious effort on the doer of action to connect with a deeper part of himself. Sadhana is often viewed on the spiritual path as a man's greatest protection next to his faith and the Guru's grace.

It is said that out of the millions of spiritual practitioners in the world, only a few may succeed in attaining enlightenment. There may be various reasons for this but there is no doubt that one of these reasons is that the level of inner effort applied in attempting to realise the self was not up to the required standard. In most cases, the sadhaka is influenced by environmental conditions, unfavourable human influences and subconscious impressions of mind in a negative way. With these conditions continually acting to retard a devotee's spiritual progress, and in the absence of a Guru's intercession, it is only a sadhaka's sadhana that will keep him grounded on the path. In Patanjali's *Yoga Sutra* it is taught that a sadhaka's sadhana may vary from mild to intense. It is further stated in that a sadhaka's success in yoga is dependant upon the level of sadhana he applies. The more intense the sadhana the greater the reward in spiritual terms.

Sages often spent hours in protracted meditation and contemplation before they could even begin to have a glimpse of the infinite. The attitude of many novice yogis today, is that a few hours of spiritual practice a week will be enough to attain enlightenment and inner freedom. They demand constant attention and praise from the Guru. Such an attitude cannot transform a sadhaka into a sage, as the road to freedom is a constant challenge. The mastery of the inner self is the greatest challenge God could present to you, as every moment presents a new opportunity for either success or failure.

When the challenges are this great, many devotees stand by the wayside saying the path is too demanding and strict. The underlying logic being that if the saints had to work so hard to attain enlightenment, what hope do I have on the path? Such an attitude appeals intrinsically to the materialistic ego, the elemental of which drives one towards laziness, sensual gratification, and greed and who find themselves a rational justification for being in the state of suspended slumber.

A message of hopes comes from the *Bhagavad Gita*, which tells us that even if one practices a little yoga in one lifetime that effort is not lost. The good karma gained from the practice of that yoga, effectively carries forward as a credit in one's next lifetime. Thus no effort is ever undone and no virtuous actions ever unnoticed by the cosmos. A man is rewarded and punished according to the cosmic law of action and reaction. He is the creator and destroyer of his own destiny, and it is his own personal effort that leads him to the events he experiences in his lifetime.

My message to you, dear readers, this month, is to never hesitate to attempt spiritual practice. Never deny yourself the opportunity to improve yourself in the highest way. Every saint had to start somewhere. Don't become too judgmental over your weaknesses but focus on your strengths and make a concerted attempt to improve yourself in areas you wish to, knowing full well that the potential of every human being is infinite!

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>





The Purpose of Life: Part One

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

What does the Bahá'í Faith see as the purpose of human existence? What is the true nature of human beings and what role does religion play in our spiritual development? What is good and what is evil? What are man's responsibilities to God and what is the spiritual meaning of life?

Many people live their lives without ever reflecting on life itself or its meaning for them. Their lives may be full of activities. They may marry, have children, run a business, or become scientists or musicians, without ever obtaining any degree of understanding of why they do these things. Their lives have no overall purpose to give meaning to separate events, and they may have no clear idea of their own nature or identity, of who they really are. Bahá'u'lláh taught that only true religion can give purpose to human existence. If there were no Creator, if humans were simply chance products of a thermodynamic system, as many in the world today assert, there would be no purpose in life. Each individual human being would represent the temporary material existence of a conscious animal trying to move through his or her brief life with as much pleasure and as little pain and suffering as possible. It is only in relation to the Creator, and the purpose which that Creator has fixed for His creatures, that human existence has any meaning. Bahá'u'lláh described God's purpose for man in the following way: *The purpose of God in creating man hath been, and will ever be, to enable him to know his Creator and to attain His Presence. To this most excellent aim, this supreme objective, all the heavenly Books and the divinely-revealed and weighty Scriptures unequivocally bear witness.*

Life should be seen as an eternal process of joyous spiritual discovery and growth: in the beginning stages of earthly life, the individual undergoes a period of training and education which, if it is successful, gives him or her the basic intellectual and spiritual tools necessary for continued growth. When individuals attain physical maturity in adulthood, they become responsible for their further progress, which now depends entirely on the efforts they themselves make. Through the daily struggles of material existence, people gradually deepen their understanding of the spiritual principles underlying reality, and this understanding enables them to relate more effectively to themselves, to others, and to God. After physical death, the individual continues to grow and develop in the spiritual world, which is greater than the physical world, just as the physical world is greater than the world we inhabit while in our mother's womb.

This last statement is based on the Bahá'í concept of the soul and of life after physical death. According to the Bahá'í teachings, the true nature of human beings is spiritual. Beyond the physical body, each human being has a rational soul, created by God. This soul is a nonmaterial entity, which does not depend on the body. Rather, the body serves as its vehicle in the physical world. The soul of an individual comes into being at the moment the physical body is conceived and continues to exist after the death of the physical body. The soul (also called the spirit) of the individual is the seat or locus of his or her personality, self, and consciousness. The evolution or development of the soul and its capacities is the basic purpose of human existence. This evolution is towards God and its motive force is knowledge of God and love for Him. As we learn about God, our love for Him increases; and this, in turn, enables us to attain a closer communion with our Creator. Also, as we draw closer to God, our character becomes more refined and our actions reflect more and more the attributes and qualities 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-

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.

Earth Transformed

BY THE MASTER through Benjamin Creme

In some twenty years from now, any visitor to Earth would be amazed by the transformation that he would find in every aspect of our lives. The best of the past will have been preserved but a new and vigorous beauty will prevail everywhere, and a new relationship will have been established between people and the environment in which they live. Gone for ever will be the slums and hovels in which millions today eke out a 'living'. A new pride in 'Man' will generate an equal concern for men's leisure and social activities, and lead gradually to a new understanding of man's essential needs. New technology will free countless millions from the drudgery of repetitive work; the demand for knowledge in every field will open wide the doors of colleges, factories and farms alike, and a new enthusiasm for learning will manifest throughout the world. Thus will men understand better the underlying purposes of our incarnational experiences and so will grow the needed control of our physical, astral and mental equipment. This will lead men to the door of Initiation and thus to perfectionment.

Thus will men return anew to the age-old Path to Perfection and, freed from the glammers and errors of the past, tread once more the way of sacrifice, of renunciation of all that hinders the highest understanding and light. Man has strayed far from this simple path, sidetracked by a gross materialism which has lured him to the very edge of disaster. But, as men will find, their eternal divinity has, once more, asserted itself and drawn man back from the brink.

A growing number of people, everywhere, are beginning to sense this to be true, and to awaken to the task of transformation. In this way, they find their own sense of responsibility enhanced, and respond accordingly. Thus are the workers of the future found and thus too does the world change for the better.

Steadily

Quietly as yet, but steadily, does Maitreya work to potentize this process. His beneficent energies act like yeast to raise the aspiration and strengthen the resolve of all who can respond. These are many, and so is built a great army of workers in the light, the light that will transform the world and ensure the future for all men.

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>





Dedication, Devotion and Love

SWAMI SHANKARANANDA MAHARAJI

There are three important factors in life, in the material and spiritual planes. These are: dedication, devotion and love. All three are required to enter the realm of Spirit and this is where many fall short in their efforts to attain salvation.

When we sing praises to God we call it devotion. In yogic terms we refer to this as 'bhakti'. Many Christians practise this in their church services, clapping and singing praises to God. Hindus practise it in temples and in the streets.

'Dedication' means 'to commit to'. Many of us lack that ongoing commitment in our spiritual practices. Devotees visit their temples and churches, do their bit and then leave. How many take their spiritual practices back into their homes with them? We should be committed to God in whatever we do, but we forget.

One way to help us ensure that we are devoting enough time to spiritual endeavours is to learn to divide our day into three sections. Allow eight hours for sleep and recreation, eight hours for work and family duties and eight hours for prayer and dedication to God. Paying your weekly visit to your temple, church or mosque is your appointment with God and should not be missed, but your dedication should not end there.

When it comes to love we practice limitation. We say, 'I love you because ...' or 'I love you if ...' As soon as we place conditions on love we have limitations. Krishna tells us, 'Surrender to me totally,' and Christ tells us, 'I am the way, the truth and the life, no one comes to the Father except through me'.

When considering our spiritual dedication we need to understand the difference between duty and desire. Duty happens from within and has long-term benefits. Desire is that which is based on material things and grants only temporary joy.

So, we need to cultivate these three: dedication, devotion and love. But we worry too much. Our worry gets in the way. It is like a banyan seed and once you nurture it, it can outgrow you. But if you have dedication, devotion and love, your worry will be meaningless.

One of the simplest ways to get close to God is to chant. It doesn't matter what you chant. It could be, 'Jesus, Jesus, come to me', or 'Om nama shivaya', the important thing is to chant as often as possible. Put time aside every day to chant out loud or silently. But don't limit your chanting to a specific time-period. You can chant even during your daily activities.

So, nurture those three things: dedication, devotion and love, and you'll discover a different person within.



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

For more information visit www.jadatharayayoga.blogspot.com



Readers' Inspirations

The Wisdom of Surrender

Thy light shines through every being.
Not a blade of grass moves without you. Not a single light shines of its own will.
For you are pervasive, illuminative, cosmic, divine and omniscient.
May I live as a beacon of thy light for evermore,
transmitting, transforming and transcending always

SUREN PILLAY



Winds of Change

Rebirth: every second life begins anew, a moment created, an experience never wasted.
The winds of change, transform beginnings to ends, and death to life. That sounds strange.
Osho said: "The past never existed, the future never will..."
But still we live in bagged pasts or hopeful futures.
Live now, an experience should never be wasted.

BAPI



Love is the song of the soul singing to God.
It is the balanced rhythmic dance of planets - sun and moon lit
n the skyey hall festooned with fleecy clouds – around the sovereign Silent Will.

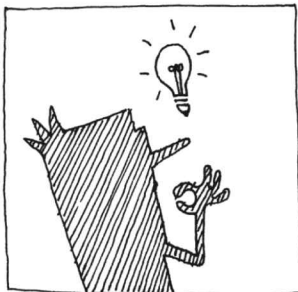
PARAMAHANSA YOGANANDA

the chronicles of puglana^{da}*

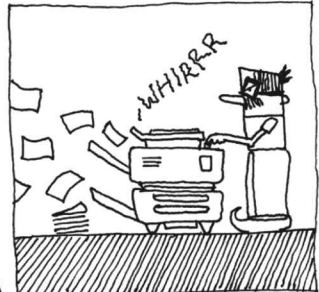
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Gurujii: Likit japa helps focus and attune the mind in God's name. From now, I want you to write "Shiva Om" 1008 times daily.



Puglananda: Hmmm, I knew there was an easier way.



Puglananda: Hehehe. Writing it 1008 or copying it 1008 times... Gurujii won't know the difference.

* Puglananda means 'bliss in stupidity'.



Index of Resources and Online References

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