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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Ten

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Welcome to the December edition of *Transcendence*.

Every spiritual scripture gives guidelines for living righteously. While reading over this month's edition of *Transcendence*, I realised that such a wealth of useful advice has been given by our contributors that it would be pertinent to summarise it here. Such wisdom is the perfect way to reflect on the past year and to use in structuring our spiritual goals for the year ahead.

Live simply. Enjoy the little things in life: the sunrises and sunsets, the music of the rain and the wind, the song of the birds, the aromas of summer (or winter), the feel of the sunshine on your skin, the taste of simple and life-giving foods. All of these are gifts from God and help us to deepen our devotion.

Be honest to yourself as it is by this means that we learn to understand and control our emotions. Don't react when provoked but first stop and think before you speak. Respond constructively.

Serve others in goodwill only. It's better to do nothing than to do something grudgingly. Nurture your inner compassion and believe in human divinity. Share, care, give, forgive and forget.

Allow yourself to feel love, even if it might mean getting hurt. It is only by loving others that we learn to develop compassion which is so important in spiritual development. If you do experience suffering in life, learn to understand and grow from it. It is only by accepting, understanding and overcoming our own suffering that we can help others in their times of need.

If you haven't already done so, find your purpose in this life. Each person is here on a unique mission which cannot be accomplished until we know what it is.

Lastly, take time each day to be still consciously, even if it's for only half an hour before you sleep. Allow yourself to experience stillness and to embrace spontaneous spiritual growth in silent reverence.

In Love and Service, always,





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Heavenletter # 2303 - A Simple Life

GLORIA WENDROFF

God said:

A simple life is a life lived from the heart. The heart is full to the brim, and yet, with a full heart, there is always room for more. A simple heart is an open heart. It is uncluttered. It is not distracted. There is nothing to distract it.

A simple life does not consume goods. It gives goodness instead. It gives Godlight.

A Human Being who lives a simple life does not shop so much. He takes care of what he has and has joy from it. The simple heart is always free to not have what it treasures because it knows that the freedom and ability to let go are greater treasure. A simple life is fluid, never looks back, and therefore is never turned into salt.

As you live a simple life, you are like a cow who grazes. And so you graze in life. The grass is green wherever you graze.

Simplify your life now. Walk into the horizon without cumbersome details. You, who wish to lead a simpler life, require little, or nothing at all, because wherever you walk, I walk with you, and, so, you have all you need. You have more than you need. You don't need the fear and worry you carry with you. You don't need a sense of security either because I am your security. Look less to the world to hold you up. Let the world do its thing, and We'll do Ours.

Without fail, the sun dawns every day. Without fail, the moon rises. Stars shine. And there is always weather. And love is always afoot, standing at every corner, keeping an eye out for you.

Living a simple life is such a great relief. Leading a simple life, you have untied yourself from all the little boundaries, all the must have's, all the extraneous. You become like a wayfarer who plays his fiddle along the way. You don't have big pockets. You may have none, and you stroll through life, not as a homeless one, but as one at Home. The world is your oyster, and you open it.

You can have only one thought in your mind at a time. And you have only one moment to live now. You might as well make it the best moment of many more best moments to come. Best moments stand in line for you, eager to serve you, eager to be lived, and eager to be noticed and regarded as the beautiful gifts they are. Great moments are ready to pour themselves down on you like rainfall. You are going to be soaked in Greatness and well-being. And all that you receive, you will spatter on all who are blessed to be near you. Your presence will be a blessing. Simple Human Being, you are a blessing sent from God for the establishment of Heaven on Earth. You are a forerunner of Paradise. You are its emissary. You are the herald of all the good that is to come.

You shed your dependency upon the trappings of the world, and you enter refreshed and un beholden to the past, and so you free the world from the past, and you bring light. Without effort, you bring light. You are a lightbringer. You are a forecaster of good news. You shine light as light has never been shone before. Whatever you may have thought you were yesterday, now you are My pure light on Earth. Pick up your feet, beloveds, and know Whose light you shine, and shine it gladly in reverence to the holiness of life on Earth and all its inhabitants. You are going to revolutionize the world, and you are going to do it now. You cannot avoid this. And why would you want to avoid this momentous moment, for today you begin a new history of the world, the one everyone has been waiting for.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes



God said:

You have nothing important to do. You have something important to be, and that is who you are right now, not as somebody else, and not as someone different, but you as you right now. For right now you are everything you are meant to be. And this is what you deny to yourself and to the world.

Heavenletter #28 - It Is For You To Hear God



If it is too much for you to invite My Will today, then invite Me to accompany you. You already suspect that I do, and there are moments when you are sure, but there are many times when you are not at all sure and many more times when you are very sure that I am not with you. Ask Me to accompany you. "Come with me today, God. Come with me. Come with me wherever I go. And help me to have awareness of You." At least then you can be sure that you asked.

Heavenletter #152 - Invite God



Your heart is not for you alone. Your heart is not a scale that weighs input and output. Your heart is a lovely hammock where all may come and swing for a while and then they go on and give My love gained from your heart to others they meet, and so I am revealed. In bits and pieces, Wholeness is revealed.

Heavenletter #516 - If Your Heart Aches



In seeking perfection you put standards above action. It is like you enjoy making a pie crust so much, you would rather play with the dough than make the pie. In the end, it doesn't really matter so much how pleasing the crust is to your eye. It matters the taste of the pie. There is a great amount of judgment involved in a need for perfection. Seeking perfection is a sure way to be displeased. Seeking perfection may also keep you from looking at other things that you may not want to. It is evasive.

Heavenletter #553 - Imperfect Perfection



There is no reason for you to depart from My love. My love cannot depart from you. Do not you depart from it, not even for one moment, not even for one moment of your imagining. Imagine truth. Imagine My love. Imagine Me. Imagine Us. Imagine.

Heavenletter #182 - Imagine

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 January 2011

SWAMI SHANKARANANDA

ARIES: There may be some unpleasant news at the beginning of the month. Closely guarded secrets may be exposed during this month and a possible meeting with an important influential person may grant you some benefits and a reward or prize may be forthcoming. Watch your driving.

TAURUS: Possibility of illness in the family or misunderstanding between family or friends. Place emphasis on nurturing relationships. Research new investments properly. Finances improve this month but continue to be careful and your efforts will be rewarded.

GEMINI: The year starts on a happy note. Patience and honesty will benefit you during this time. Think before you speak. A long journey may be on the cards but watch your spending. Pay special attention to your health and be wary of possible accidents involving machinery.

CANCER: Your knowledge may be enriched at the start of the new year. Finances improve and family life is good. Goals that you focus on will be achieved. Avoid making big investments towards the end of the month. You may attend a marriage ceremony or similar function this month.

LEO: You may find yourself lethargic at the beginning of the year and health could be at a low ebb. Take extra care of your health and avoid overdoing it at work. During the middle of the month praise from work colleagues will lift your confidence. Spiritual studies will help you to keep focus.

VIRGO: some good news may be received this month, but worries over finances could surface. Health is good and spiritual pursuits will rivet your attention. Good focus at work will grant you positive results. There may be a possible sudden journey or a new venture started.

LIBRA: Look forward to a peaceful start to the new year. A legal case may be won in your favour or a possible property windfall may come your way. Motivation for greater income may tempt you to start a new business or change jobs.

SCORPIO: An auspicious beginning to the year with improved finances during the month. Possible home or office renovation. All government-related issues will be overcome and month-end is a good time for signing contracts. Take extra care of your health.

SAGITTARIUS: The advice of an elder will point you in the right direction and suspended projects may be revived. Be careful in your dealings with the public and watch out for minor illness. Not a good time to invest money in business as there may be an opportunity for greater income or a new job.

CAPRICORN: The year starts on a positive financial note but watch out for financial loss towards the middle of the month. Your career will gain momentum and energy should be high. Chances of success in your endeavours are high during this time.

AQUARIUS: Encouraging news may be received at the start of the year and others will recognise your talent. Earnings will be directly in relation to work effort. Watch your energy levels and keep them even for steady career progress. A possible fall-out with a family member may occur during this month.

PISCES: Energy will be high during this time and life will be joyful. Progress in your profession, peace in the family and a congenial atmosphere will further boost your enthusiasm. Keep a check on your tongue and temperament to avoid landing in trouble during the latter part of the month.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

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

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



Guidelines to Dedicated Discipleship

ROY EUGENE DAVIS

How to Allow the Spontaneous Unveiling and Emergence of Your Innate Spiritual Qualities and Capacities

When your innate spiritual qualities and capacities are allowed to be unveiled, they effortlessly emerge. Endeavors to forcibly cause spiritual growth to occur cannot produce ideal results because Self-realization is not an effect of causative actions; it is immediately actualized when conditions which concealed it are absent.

At the core of your essence of Being, you are constantly Selfaware and have all knowledge of your eternal relationship with the Infinite. By knowing this, and by doing what is necessary to realize it, you can definitely experience the fulfillment of your spiritual destiny in your current incarnation.

The following intentional practices that are emphasized in all inspired religious teachings and spiritual enlightenment traditions that evolved during the past few thousand years are universally applicable. By adopting them, you will soon learn how to allow authentic spiritual growth to rapidly occur. Control mental states and emotions. Maintain a positive, cheerful, optimistic mental attitude and emotional stability. You will be constantly inspired, and highly motivated to live with clearly defined, constructive purposes. Control your behaviors. Willingly do what should be done for your highest good. Do that which will enhance your life and nurture your spiritual growth. Avoid all actions, relationships, and situations which may complicate your life, distract your attention from important matters, or dissipate mental powers and physical energies.

Be ethical, honest, and truthful. Inwardly honor the divine nature of every person and respectfully relate to them. Nurture wholesome, supportive personal relationships. Conserve your vital forces; use them wisely. Perform work and duties skillfully without attachment to your actions or their results. Speak calmly and appropriately with specific intention. Adhere to holistic physical self-care routines. Cultivate soul contentment in all circumstances. Improve your intellectual and intuitive abilities. Continue to acquire accurate knowledge of your true nature and of higher realities until your understanding is flawless. Meditate superconsciously every day. Radiate thoughts and feelings of good will to everyone in this world and beyond. Sustain your aspiration to be Self- and God-realized. Faithfully persist until you are fully Self- and God-realized.

How to know when your spiritual growth is authentic:

Mental, intellectual, and intuitive powers improve. Powers of perception are enhanced. Intellectual and intuitively discerned knowledge of your true nature and of God steadily improves. Functional abilities are improved. Personal circumstances are more harmonious and satisfying. Cosmic consciousness develops, Self-realization and God-realization develop. Liberation of consciousness is achieved - the ultimate stage of spiritual awakening. False ideas cannot be in the mind which is continuously illumined by the radiant purity of the essence of your Being. Flawless realization of your true nature in eternal relationship with the Infinite will prevail.

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 Radiance of Goodwill

LUCIS TRUST

Goodwill... such a simple concept and yet so multi-faceted in expression.

It is worldwide in expression because it is a universal energy, for, to quote one of its many definitions, it is 'love in action', compassion for all beings turned into concrete words and deeds and what could be more universal than love? Certainly, it is the central tenet of all the great faith traditions; and while political treaties and laws may speak in other terms, of rights and obligations, without the underpinning of human compassion, they are but empty shells. And it is increasingly clear that an economics that does not take love into account is profoundly damaging to people and to the planet. As St. Paul says, "I may speak in tongues of men or of angels, but if I am without love, I am a sounding gong or a clanging cymbal" (1 Cor. 13.1). So the idea of goodwill as this universal love made visible and practical is of immeasurable and continuing relevance to the world of today and tomorrow. During a period such as the one we are currently living in, when international tension is running high, it can be difficult to remember that the heart of humanity is basically sound. Yet everywhere, people are finding creative ways to serve others in the spirit of goodwill. For every high-profile project or conference that emerges in the public eye, we can be sure that a multitude of less visible meetings and events are happening, fueling the goodwill impulse at every level of society as it shines through issues as diverse as the AIDS crisis, the ethical dimensions of globalization, the need for socially responsible business practice, the elimination of land mines, the prospects for peace and ways in which tension between individuals, groups and nations can be reduced. Celebrating the creative ways in which others have applied goodwill can lead to inspiration on how we too can share this beneficent energy in our environment. Wherever we live, in whatever circumstances, we can be sure that an increased flow of goodwill will make a positive difference.

Wisely focused goodwill can transform any circumstance. Those who doubt its power have only to put it to the test. Identify an everyday situation in which a key relationship is marred by irritation, anger or frustration. Think about that relationship with goodwill, stop reacting when provoked, seek out opportunities to respond constructively and soon the situation will change for the better. One person standing for good and taking positive action - in the immediate or global community - will unfailingly stimulate others into activity, becoming a rallying point for other men and women of goodwill. In an atmosphere of goodwill it is possible to analyse any crisis with a degree of detachment that enables underlying causes to be identified. Because goodwill strengthens awareness of the relationships between people, its presence also reveals how far we still have to go before human unity is achieved. In this sense we see in a new light the outer cleavages that divide us along the lines of race and of religion, divide us into rich and poor, divide humanity from the world of nature. We see these cleavages in the light of the very energy that enables us to bridge and heal them - practical goodwill. There are many elements in a goodwill approach to life. One is belief in the essential divinity of the human being - a belief that can be cultivated by deliberately seeking out evidence of the forces for good in the world. It is one of the greatest achievements of this century that millions of groups and individuals now work dedicatedly for the betterment of humanity and the world. A goodwill approach to life also cultivates a sense of belonging to the human family. This expansion of the sense of loyalty from family, community, nation to the whole of the human kingdom undermines two of humanity's greatest enemies - separativeness and hatred. Through the radiance of goodwill Humanity can consciously lift itself into the realm of beauty and harmony.

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



Why is devotion so important?

KEVIN ANANTA McSWEENEY

Many great masters have emphasized devotion as an essential ingredient of the spiritual path. One monk said to Paramhansa Yogananda, “Devotion, that’s the main thing, isn’t it Master?” Yogananda surprised him by saying, “It’s the only thing!”

Devotion is a vital component for success in any field. I’ve yet to meet a world-class athlete, artist, nurse or farmer who didn’t have a deeply felt, intense yearning to do the best possible job in their field. It’s devotion that motivates them to undergo long hours of effort and other hardships until they can say, “That’s the best I can do.” They never compromise the heart’s constant call to strive for excellence.

Devotion is a line of demarcation for those who pursue success in any field. In the spiritual arena, few if any can tap into the energy needed to succeed in the practice of meditation without devotion.

Devotion is the deep yearning of the heart for God. Kriyananda writes that “To seek God... without at least Him would be self-contradictory. To want Him is to feel devotion to Him.” If there is no desire for God, the incentive to persist in meditation will be lacking.

Without devotion, we aren’t likely to enjoy meditation enough even to stay with it! In his poem, Yogananda says, “By longer, thirsting, Guru-given meditation comes this celestial samadhi.”

“Thirsty” is a reference to the deep yearning of the heart which eventually draws the divine response. Once the heart is open and receptive to the feelings of peace, love, and joy that flow from Spirit, we can meditate “longer” because these feelings, when experienced, are extremely enjoyable.

Jesus admonished, “Where your treasure is, there also will your heart be.” When we treasure God more than the things of this world, our heart’s devotion naturally flows upwards to Him at the spiritual eye, the point between the eyebrows.

The more we let go of material desires that pull our energy downward and away from God, the more our heart’s energy is channeled into the upward flow to Spirit. Only when the heart is purified of outer attachments can we concentrate on the Divine with our entire being, not just our mind.

How can we increase our devotion? Krishna says in the Bhagavad Gita, “Even a leaf or a blade of grass offered with devotion is pleasing to Me.”

Devotion can be fostered by our approach to life. To see the daily blessings of our family and friends, the sunshine, our freedom, or our health—as gifts from the Divine, arouses the heart’s natural gratitude and joy. This practice will increase your devotion and deepen your meditation.

Reading books about the lives of devotional saints can help us feel devotion. Devotion is our natural state. We become increasingly more comfortable with it when reminded of it by saints who lived it so purely. Even to see a picture of a Padre Pio or Yogananda, and the devotion in their eyes, can help arouse our heart’s sleeping love for God.

Yogananda encouraged chanting as an especially effective way of tuning into the heart’s refined feeling. Chanting while concentrating in the heart helps us to relax and open the heart. We’re able to feel the vibrations of the Divine much more easily once devotional chanting has “primed the pump” of feeling.

Which chant is best? Whatever engages your heart easily and naturally. Sometimes, a certain chant will easily absorb us, whisking us past the conscious, rational mind into the superconscious dimension. Experiment with various chants until you feel them uplifting your consciousness.

The more we keep our hearts in a devotional attitude of love for God, the more natural it feels to us. We then can more easily identify and avoid those things which obstruct our natural devotion.

Try to increase your devotion to the Divine and see if the depth of your meditations isn’t proportionally increased. Yogananda often said, “God watches the heart.” May you feel His love there always!





The Sweetness of Wistful Yearning

SWAMI KRIYANANDA

As much in yoga as in any other approach to the Infinite, one's meditation must be filled with the sweetness of longing, and of love. It had been said that God has all things—all wisdom, all knowledge, all power—that there is only one thing He lacks: our love. It is in our power to give or to withhold this gift from Him.

Some yogis, over-preoccupied with techniques, postures, and pranayamas, with subtle energies and psychic centers, forget that without love all such efforts are wasted—like a mountain stream that loses itself in a vast desert. Love is the prime necessity. All one's efforts in yoga should be directed with love, and offered on the altar of devotion.

If one would draw a response from the heart of the Infinite Silence, an attitude of respectful, loving attention is necessary. The egotistical attitude, "I can conquer all!" is self-defeating. An attitude of humility and surrender must be the guiding force in every self-effort to advance spiritually.

Feel in meditation that your heart center (situated in the spine opposite the heart) is like a flower with its petals turned downward. Mentally turn these petals upward so that they point toward the brain. Feel rays of energy flowing up from the heart to the point between the eyebrows. Awaken love in the heart and channel all this love upwards, as if to the altar of God, in deep meditation.

This is the end of chanting and mantras, of pranayama, of all self-effort: when the heart's love flows upward in silence, with "wistful yearning" (to use my Guru's lovely phrase), toward the heart of God.

Excerpted from The Art and Science of Raja Yoga

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Complete Stillness

ROD BRIGGS

*Strangely enough, when our stillness is incomplete
then we try to be good and we try do things the right way;
but when our stillness is complete then there's no hesitation
about who we are and we trust what comes up in us
even if its socially unacceptable - we trust it.
So be...fierce, don't hesitate.*

Reggie Ray

Have you ever had a moment in your life when you reacted without conscious thought? Think about all the times you reached out to stop yourself, or someone else, from slipping or falling; or swerving when driving to avoid falling rocks or other dangers. In these moments you were at your very best, your responses were automatic and uninhibited by conscious thought. Because of this there was no second guessing, hesitation or evaluating. You were expressing your natural self; it was effortless and superbly efficient. This increased competence is the reason that both martial arts and special-forces training strives to achieve the same state. One of the ways this is done is to repeat specific responses *ad nauseum* until the trainee can literally respond without thinking. The entrained response then becomes a *default* setting whenever an appropriate stimulus is experienced.

This training is both intensive and protracted, which hints at how hard it is to overcome a lifetime's indoctrination of fear, self sabotage and lack of belief. We need to bring a similar level of commitment and focus to dealing with the same problems in the other areas of our life; think of responses and comments we make that are less than truthful because we think others want to hear them, or how many times we settle for less than we want because of our fears and self worth issues.

Becoming authentic is the process of dropping the learnt behaviour that holds us back. Although it sounds daunting, it need not be; think of it rather as a journey that can be undertaken in bite sized chunks (forgive the mixed metaphor), which will deliver results right from the start. Begin by taking any one of your normal fear or lack-based responses and commit to changing it. Do this by repeatedly mentally rehearsing an event which would normally evoke this response, but see yourself responding in a manner more consistent with your true self.

This takes a little practice but gradually you will find the change seeps through into your interactions. Once you've dealt with one area we can repeat the procedure in another.

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 emotional-control

SWAMI MURUGESU MAHARISHI

We all know what motion is: the movement in any direction of not only the body and its energies but also of molecules and electrons, stars and planets. E-motion is a little different from ordinary mechanical motions.

A father was sitting calmly. His child was on the verge of falling out of its cradle. This aroused fear in the father who suddenly jumped up and ran towards the child to protect it from falling. This motion of jumping up and running was caused by the mind-generated e-motion of fear. Another man was quietly reading a newspaper when he suddenly threw the paper aside, burst out laughing and called his wife and children. To their astonishment he told them that he had just won two million dollars in the lottery. The movement of his laughter and the act of calling his family members was the result of the emotion of joy which was aroused in the man. A third man noticed his son smoking a cigar. This made him angry and he rose up towards his son and thrashed him in anger. Strong emotions cause the body to produce adrenalin, the blood flow to increase and sometimes result in the performance of fainting or unusual physical feats.

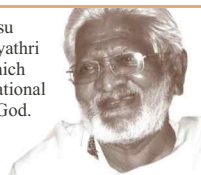
Lust, anger, fear, desire, jealousy, joy and even happiness are emotions which cause various beneficial or harmful effects on the body. Often the will to eat or drink is stimulated by emotions of hunger and thirst. Theft results from the emotional feeling of poverty and starvation. Physical intimacy is caused by sexual emotions, and sleep results from the emotion of tiredness. Every action of man whether positive or negative, stems from his emotional state. Even sounds, smells and images can stimulate conditioned emotional responses.

But it is not only man who experiences and acts in according to his emotions. Animals, birds and insects also act in this way. Without emotional stimulation there would be no action. It has been proved recently that even plants express emotions but, as their action is not external, man is not yet in an evolutionary position to properly understand their internal reactions. Devas and angels of the subtle planes are not immune to emotional responses. Hence it can be concluded that emotions are unavoidable and that all beings satisfy their feelings and sensations via this faculty.

Yogis teach us that we should learn to control our emotions in order to march on to higher paths without hindrance. As explained above, if one does not undergo the influence of emotion, he will not act in any way and his life will be useless. Does this mean, then, that yogis are leading a useless life? No, yogis lead a life of highest pleasure by controlling their emotions, not by ignoring them. Yogis perform all the duties and actions that a normal person does, but without reacting to their emotions. The path of yoga teaches eight steps: *Yama*, *Niyama*, *Asana*, *Pranayama*, *Prathyahara*, *Dharana*, *Dhyana* and *Samadhi*. If one understands the significance of these steps, he will realise that the first two steps, *Yama* and *Niyama*, are rules of behaviour for students of yoga. *Asana* and *Pranayama* are for keeping the body healthy and strong. *Prathyahara* is emotional control, *Dharana* is concentration and *Dhyana* meditation. The last three are mental and consciousness exercises to march towards *Samadhi* with focus. It should be well understood that before concentration and meditation, one should master the methods of *Prathyahara* but nowadays not enough emphasis is placed on this practice. Everyone marches towards concentration and meditation without properly mastering *Prathyahara*. Because of this approach, many seekers who practice meditation without first mastering *Prathyahara*, do not experience progress in their meditation even after years of sincere regular practice.



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





Know Thyself: The Body/Mind Connection Part X

Journey through the Chakras: Throat Chakra

TRACY WHITE

This chakra is located in the hollow of the throat. This chakra develops from 7 to 12 years of age. Its basic right is to speak and to be heard. Here we develop a creative identity connected to issues of *self-expression*. The emotion that does the most damage to this chakra is lies. In order to thrive emotionally this chakra needs truth, safety in self expression, validation .

Through this area we can choose to either accept or deny ourselves nurturing and nourishment. Here we are also asked to swallow situations or beliefs that we are uncomfortable with. It is also about communication and self expression. An open throat chakra allows one to speak the truth.

Major issues: Manifestation centre, power of choice and will, personal expression, following our dreams, judgement & criticism, faith & knowledge, decisions. All illness is connected here.

Traumas that affect programmes: Lies / mixed messages, verbal abuse, excessive criticism, secrets, authoritarian parents, alcoholic / chemical dependent family.

The following list may indicate a *deficiency* of energy in this chakra: Having a fear of speaking or having a small weak voice; difficulty putting feelings into words; being an introvert or being shy; being tone deaf or having poor rhythm.

The following list may indicate an *excess* of energy in this chakra: Talking too much, or talking as a defense; being unable to listen or having poor auditory comprehension; gossiping; having a dominating voice or interrupting.

An indication of balance is someone who has a resonant voice, and is a good listener; they have a good sense of timing and rhythm, are creative and communicates clearly.

If I don't have the right to speak and be heard, then I am in conflict with my identity of self-expression. 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 opiates, marijuana and habitual lying.

The following are affirmation that may stimulate the energy in the throat chakra:
"I hear and speak the truth. " "I express myself with clear intent. "

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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Suffering

SUREN PILLAY

When one thinks of all the suffering in the world, one can't help but think that this world was never meant to be perfect. Indeed, the sages and saint of our time have repeatedly expressed that this world is *maya* or illusion. The word *maya* represents the unreality of the perception that the entire reality of life exists in the physical plane, not that the physical plane itself is unreal. Indeed the world we live in is very real and not without consequences. A saint once expressed that this world was not designed to give you perfection and, as such, any action to attain earthly perfection was bound to end up in ruin since the design of this reality is fundamentally opposed to such attainment.

The truth of the situation is that the more we view life holistically, the more we come to the conclusion that, in this life, suffering is inevitable and the real question is: do we effectively minimise such suffering? Suffering can be physical or mental, each with their own threshold for pain. With regard to physical suffering, a man may be hungry or sick in which case he may be either healed or fed. With regard to mental or emotional suffering a man can either seek to shift his perception of life by higher self awareness, or experience a totally different reality which extinguishes any lasting impression of the mental trauma experienced.

To most of us, suffering is not a choice but is part and parcel of life. The seeker is one who asks the whether or not there is any light at the end of the tunnel of life. He is the optimist looking for a way out of the trap of life. The seeker is considered most wise in the scriptures, for he has contemplated the complexities of life and has come to a solution: that the only way to actually overcome suffering is to transcend the body and mind. This process of transcendence, has been termed 'the path', 'the journey', or 'the road' the wise have taken.

The journey represents a conscious choice by the disciple to suffer no more. He chooses to express his true power, his original essence of being and knowledge to liberate others from the quagmire of delusion. Those on the spiritual path have goals which are internal and, even though the spiritual attainments may not be visible to the public, to the sincere practitioner of spirituality, there is a great increase in the feeling of inner joy within such an individual. This appears to be the ultimate test of spiritual practice. If spiritual practice has not given inner peace and joy, then it is possible that the sadhaka's practice has not been effective. It may be that a practitioner is carrying many negative mental impressions that need to be worked out before transformation can occur. In this case, the sadhaka should not give up his practice altogether because he is not experiencing any change in his consciousness.

Irrespective of whether the sadhaka makes rapid growth or not, day by day his repeated spiritual practice gains momentum and allows him to make more progress the next day. The quantum leap in spirituality, then, is the choice by the individual to choose the journey consciously as this will allow him to overcome rapidly the pain he is experiencing in the material world, and facilitate the process of emancipation and spiritual bliss in the devotee's life. My message to you this month, dear reader, is to contemplate how much pain you have reduced in your life by spiritual practice? Are you ready to take your spiritual practice to the next level in order to open yourself up to the bliss of your soul?

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 Two

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

Bahá'u'lláh taught that this potential to reflect the attributes of God is the soul's essential reality. It is the meaning of human beings being created 'in the image of God'. The divine qualities are not external to the soul. They are latent within it, just as the color, the fragrance, and the vitality of a flower are latent within the seed. They need only to be developed.

The Bahá'í writings refer to the gradual evolution or development of the individual soul as 'spiritual progress'. Spiritual progress means acquiring the capacity to act in conformity with the Will of God and to express the attributes and spirit of God in one's dealings with one's self and with other human beings. Bahá'u'lláh teaches that the only true and enduring happiness for human beings lies in the pursuit of spiritual development. A person who has become aware of his or her spiritual nature and who consciously strives to progress spiritually is called a 'seeker' by Bahá'u'lláh.

Bahá'u'lláh explained that the fundamental, spiritual role of religion is to enable people to achieve a true understanding of their own nature and of God's will and purpose for them. The spiritual teachings sent down by God through the Messengers or serve to guide us to a proper comprehension of the spiritual dynamics of life. These principles enable us to understand the laws of existence. Moreover, the very efforts we must make to conform to the teachings of the Manifestations serve to develop our spiritual capacities. For example, when one makes an effort to rid oneself of prejudice and superstition in response to the teachings of Bahá'u'lláh, the result is an increased knowledge of and love for other human beings, and this, in turn, helps the individual to live life more effectively.

Bahá'u'lláh stressed that, without the coming of the Manifestations and their revelation of God's laws and teachings, we would not be able to grow and develop spiritually. The spiritual meaning of life would remain hidden from us, even if we made great efforts to discover it. This is why revealed religion is seen by Bahá'ís as the necessary key to successful spiritual living.

Since religion has a social dimension, Bahá'ís feel that prolonged withdrawal from the world and from contact with society and one's fellow human beings is usually not necessary or helpful to spiritual growth (although a temporary withdrawal from time to time may be legitimate and healthy). Because we are social beings, our greatest progress is made through living in association with others. Indeed, close association with others in the spirit of loving service and cooperation is essential to the process of spiritual growth.

In summary, the spiritual reason for our life on earth is to provide us with a training ground; our life is a period of growth during which we focus on the development of our innate spiritual and intellectual capacities. Because these capacities are faculties of our immortal soul, they are eternal, and we must make great efforts to develop them. But such efforts are worthwhile, since the soul is the only part of us which endures. Whatever promotes our spiritual development is good, and whatever hinders it is bad.

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.

Man's Ultimate Triumph

BY THE MASTER through Benjamin Creme

The future life for humanity will prove to be not only more just and less stressful, but infinitely more interesting than it is now for many millions of people. The work of reconstruction is so vast that, in that area alone, the creative powers of many will find endless stimulus. Later, as the preliminary teaching of a more esoteric nature is deemed desirable, the flood-gates will open wide and an extraordinary pent-up thirst for knowledge will manifest around the world. Men will be astonished by what there is to know, and will eagerly act to quench their thirst. An enormous educational programme will provide the required knowledge and understanding.

The reality of Initiation as a prime factor in the evolutionary journey will inspire thousands to take in hand their own evolution, and so to undertake the necessary refinement of their vehicles. With some Masters working openly, an extraordinary stimulus will be given to this work and much will be accomplished in a relatively very short time. Nearly five million people already stand at the threshold of the first Initiation. Their number will be increased by many thousands before long.

Thus will the Mysteries of the Initiatory process inspire and galvanize humanity to place its steps solidly on the Path to Liberation.

Such a view, at this time, might seem far from the reality, even somewhat naïve, but the outward presence of Maitreya and His group of Masters will have an amazing impact on the minds and hearts of literally millions of people in every country. These will now stand ready, their aspiration high and pure, for the creation of a new world, and for an entirely new view of what it means to be alive on planet Earth. Many of them, perhaps the majority, are young and relatively untarnished by the cynicism and unfettered greed of their elders. Thus they see clearly the answers to the problems which confound their fathers, blinded as they are by the faults and glammers of the past. These young people will remake this world for their fathers. They have come into incarnation for this purpose and will answer Maitreya's Call. They come, too, many of them, trained and prepared for the tasks which await them and which, undaunted, they will gladly perform.

Have no fear, the world is safe in these young hands. They await, eagerly, the opportunity to serve and save. Many, today see clearly the faults and weaknesses of men; few, indeed, can see the Divinity which gives Us, your Elder Brothers, the sure knowledge of man's ultimate triumph.

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 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>





Sharing, Caring, Giving and Forgiving

SWAMI SHANKARANANDA MAHARAJI

We must be able to adapt and adopt. If we can't, we shouldn't be here. The journey is more than that. We should create for ourselves an ongoing spiritual energy, every hour of the day, every day of the week. You'll meet all kinds of people on your journey, some good and some bad. It is by these things that we judge others. But on the spiritual journey we should have no judgment. I knew a harmonium player. One day one of the temple ladies asked him to take his shirt off so she could iron it because it was creased. He said to her, "What's the point of ironing the outside if the inside isn't ironed?"

We all compare others according to our standards. If our journey is non-judgemental then it will be beautiful. We should create a situation of brotherhood and sisterhood. Each of us must see others in our life as family and not members of an organisation. Sri Prabhupada said, "I have a dream to build a house with one nation, one spirit". We should have this same dream, but our sense of judgement wants us to be better than others. I'm saying this because in today's world we lack brother- and sisterhood. Children don't seem to have this problem, only the adults.

The most precious gifts from God are sharing, caring and giving. We can't do any of these if we judge. That is what life is all about. Having that love can take you beyond the physical plane. Try and allow yourself to transcend by abandoning unnecessary judgment of others. But this can only be accomplished if we have purity in thought, word and deed. Then we must learn to see everyone as ourselves and we will see their purity. There's no difference between the next person and you.

Our journey must begin in the mind. If we want to go to the shop we have to think about doing it first. Think positively and you will get positive results. Think negatively and the result will be so. Think positively of others and you will get positive results from them. Treat them negatively and they will retaliate. The mind can either lead you to destruction or to construction. Have you seen your mother clean a cabbage before she cooks it? What does she do? She cuts off the top. You skin a banana and come to a soft spot so you break it off and eat the rest. Get rid of your negative tendencies in the same way.

We find it difficult to forgive and forget. Too many of us do not have the faculty to do both. Some might forgive and not forget or vice versa. When you're walking in town and see a person who caused you pain in the past, the pain and negativity comes back. If you remember the abuse, you'll walk on the other side of the road. If you've forgotten and forgiven them you'll be excited to see them. We all have garbage that we carry around. As long as it's there, spiritual progress will be difficult.

Remember that attitude is gratitude. If you don't have a good attitude, nobody will show you gratitude. What is our human nature? We think: 'I must be above him...', and that is how we live. We always want to be better than everyone else. We cannot accept the happiness of others or forgive them for wrongs against us as long as there is garbage in the back of our minds..

Let's make it a personal resolution to create brotherhood and sisterhood daily in our immediate environment and to allow it to expand from there, to other levels. Not only us, but those around us will notice the difference and benefit from it.



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

For more information visit www.jadatharayayoga.blogspot.com



Readers' Inspirations

Hands of Light

With hands of light I feel thine warmth.
 With words of wisdom I feel thine mind.
 With thoughts of spirit, I experience heaven.
 My salutations and prostrations to thee always!

SUREN PILLAY



When the world falls of to sleep
 When the moon shines upon this land
 When the silence of the nature
 Can be heard like a marching band,
 When all in life seems to be at peace
 I sit in silence, i sit in peace
 Love is in me, and its outside
 It is above me, and by my side
 Love is me, i am one with that great yogi....

BAPI



You came to set us free, to give us liberation. We repaid You by capturing You and placing You in a gilded cage Each one of us foolishly wanting to own You - possess You None of us realizing that you cannot possess the wind. I am so sorry that we are doing this to You, that the tighter we try to hold You the more You want to escape. My prayer is that we learn from our mistakes before it is too late, before You are gone and all we have is just empty air.

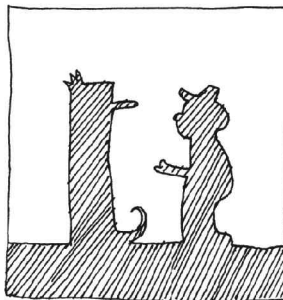
MAHESHWARI

the chronicles of puglananda*

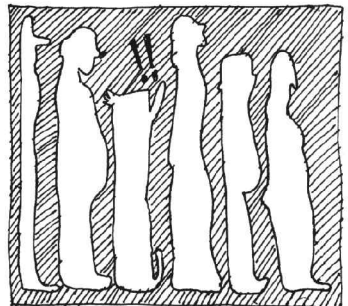
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Nidi: Puglananda, how long have you been following Gururji?



Puglananda: 10 years now.
 Nidi: Then how come you never get enlightenment?



Puglananda: Because there are so many people on this path, there is a traffic jam.

* Puglananda means 'bliss in stupidity'.



Index of Resources and Online References

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