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TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Eleven

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Welcome to the first 2011 issue of *Transcendence*.

There's something about a brand new year that makes people enthusiastic about setting goals and starting over, leaving the stresses of the past behind. Instead of applying this only to our new year, let's try and apply it to the start of each day. Let's wake up every morning as if it was the first day of the year.

Common themes that run, coincidentally, through this month's issue are: understanding and controlling our emotions, pursuing higher goals by maintaining awareness, cultivating religious tolerance and embracing change for spiritual progress. We are taught the difference between emotion, which is negative and destructive, and feeling which is uplifting and important for developing intuition.

Emotional control does not mean that we must suppress our emotions, but that we must learn to rise above them. As one of our contributors so aptly states, 'When the mind is pure and well-ordered, and consciousness is clear, spiritual growth can be spontaneously progressive,' and another that, 'The more we cling to the ego, the more we tend toward emotion, which distorts our perceptions. But as we relax away from ego and calm our feeling nature, we get a progressively more accurate picture of reality, until at last we see reality as it truly is.'

Mastering the self requires three things: awareness of what needs to be changed, a will to change, dedicated action towards making the change. We can start by becoming aware of our thoughts and emotions and how they lead to our words and actions. Only once we are aware of something, can we begin to change it. So, in our prayers for 2011, let us ask for the awareness to see where we need to change, the will to make those changes and the dedication to maintain them.

In Love and Service, always,





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Editor: Jo Petzer
jo.petzer@mweb.co.za
International Tel. 0027 31 701 9356

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www.cosmic-creatinos.net



cover images supplied by

Victoria Rodda

victoria.v8@gmail.com





Heavenletter # 2729 - Always go Higher

GLORIA WENDROFF

God said:

Always go higher. In any situation that troubles you, you haven't gone high enough. It is not that you are not thinking. It is that you are thinking only one way and not another. When you are in the brambles, the thing to do is to get out. So must you with your thoughts. Sometimes your thoughts put you in a hard situation. What if the situation is not what you think it is at all? Can you not look at it differently? You must look at it differently. You must let go of the assumptions you have made. There are ideas that are for you to let go of. You cannot be rigid. You cannot hold others to your standards. They do not have to live up to them. They may not even be able to live up to their own.

You perhaps see a situation and interpret it as meaning the people involved no longer love you or no longer love you enough. You see them as letting you down, discounting you and your feelings. You are interpreting, beloveds, as the world interprets. And the world says that one action is okay and another is not. And yet it is you who has bought that judgment. "This should never have happened," you say, and so you justify the stand you take. You see as an affront that which has nothing to do with you. Even when it impacts you, it has nothing to do with you. The decision is not based on you. You are not less worthy because of a decision anyone else makes.

Even in personal relationships where everyone in the world would call you the victim, even then, no one is doing anything to you. Another's decision may hurt you deeply, yet all that anyone is doing is trying to find his happiness. Good choice, poor choice, that is his choice. It is not yours to make. You are not to hold anyone in your thrall. You are not the decision-maker. Your decision is to rise above, perhaps even love anyway. Certainly, another's decision is not for you to disparage nor dishonor. Someone made a choice that is not to your liking. It is not a choice you like. It may well be a choice you would not make. Still, it is not yours to make.

A wife may love her husband very much. If her husband chooses to leave her for another woman, he has not done anything to her. His choice was not based on hurting her. He made a choice the bereaved wife did not want him to make. It may be the poorest choice in the world, and yet it is his to make. A wife cannot make it for him. He is not her chattel. Whatever the world says, this does not make him a bad guy. It makes him a husband who has chosen to change the parameters of a relationship. Because he made one choice and not another is not a capital offense. He didn't set out to hurt his wife nor his children. The wife must not judge him as unfeeling nor cruel nor stupid or anything at all. An arrangement in life is changing.

The wife can be bitter and revengeful; she can say he did a moral wrong. She can say all manner of things, and yet where is this love of hers that she so proclaimed? Her husband did nothing to her. He chose a course in his life that affects her, and yet he did nothing to her. He did not set out to do anything to her. He chose the way he chose. He had his own conflict about it. He may still.

The wife must not see herself as an injured party. For her own sake, she must not. Now it is left for her to rise above. Now she does what is before her, and that is to rise above.

[SOURCE LINK TO THIS ARTICLE](#)





Inspirational Quotes



God said:

Sunlight works its magic on you without your analysis of it. Scientist and innocent child receive the rays of the sun the same. Sunlight itself is absorbed. The study of it is incidental. And yet, focus plays a part. Let your focus on Me be a receiving more than a study.

Heavenletter #907 - Joyous Love



Imagine right now that I place a tiara on your head, a golden tiara filled with jewels of all colors. Jewels are rays of My light made seeable and holdable. Imagine My rays as concrete jewels made with you in mind. These rays of My light encircle your crown. You cannot take off this crown I gave to you. I placed it, and it stays.

Heavenletter #1071 - Jewels of the Sun



Joseph's coat of many colors is but a reflection of what the Human being truly is. His coat was not just something donned. The many brilliant colors of his coat revealed his inner being. You are the bearer of that coat. It fits you. Your Father gave it to you.

Heavenletter #511 - Joseph's Coat of Many Colours



There is nothing that is urgent. There is nothing that can't wait until tomorrow. Today, there is no pressure. Today, procrastination cannot exist. All We have to do is to enjoy. It's not that We HAVE to enjoy. If We think We have to, already the joy is less. So there is nothing We have to do today. We have no To-Do list, no shopping list, nothing We have to remember today and nothing We have to forget. Today will simply be the day it wants to be, no shackles, no boundaries, a day in the open air, the sun on Our back.

Heavenletter #2591 - Just Being on Earth



I tell you to forget the past because it was only a blip anyway. It is no longer. It actually never was. You can see that it is past, and yet you have not reconciled to yourself that the past is behind you. You do tend to keep the past in front of you as if it were a shield or a placard or notes for you to memorize. You do like to keep the past in sight while it really behooves you to abandon it. It matters not whether you are grateful for the past any more than it matters if you feel intimidated by it. Get past it.

Heavenletter #2657 - Jump over the Past

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 February 2011

SWAMI SHANKARANANDA

ARIES: There may be some professional or business hurdles this month but you will face them boldly. Hard work during the middle of the month will get you results. Towards the end of the month religious activities may rivet your attention and friends may help you resolve a crisis. Health is good.

TAURUS: Your worries should begin to subside at the start of the month and you may receive legal help from someone in the government. Be careful about investing money during the middle of the month. Watch your health at towards the end of the month and beware of false allegations.

GEMINI: Take extra care of your health at the start of the month. Positive thinking will bring good changes and new beginnings. Authority increases towards the middle of the month but worries may increase. Financial activities will take up much time with a possible change in work or home.

CANCER: This month will begin peacefully. Time devoted to work will be well rewarded. Week two will bring devotion to home or romance with increased social activities. Profit should increase towards the end of the end of the month and religious activities will increase.

LEO: Your home may celebrate the birth of a new member but false allegations related to your image may arise. Your new ideas may face opposition initially but be accepted later on. Deceit may rise during the middle of the month but a land property deal may bring profit. Beware of minor theft.

VIRGO: A bitter remark may upset you at the start of the month. Watch your temper. A meeting with an old friend could materialise and there may be a delay in monies due to you in the middle of the month but everything should be back on track by the 22nd. Look forward to praise from your boss.

LIBRA: The month starts off on a positive note. The middle of the month will bring good financial possibilities and solutions. Watch your health around the 22nd. A possible unexpected gain may materialise towards the end of the month.

SCORPIO: An introspective start to the month with success in higher studies and research. Look forward to favourable news around the middle of the month as well as the completion of a project. Relationships will become a priority towards the end of the month. Possible home renovations.

SAGITTARIUS: You may start off the month with a new venture and a possible increase in pay. A deterioration in health may cause problems around the 11th. Bad news may come to you in the third week of the month and you may feel out of control towards month end. Be aware of this.

CAPRICORN: Students and business people start off the month well. The arts may play a prominent place and money inflow will be good. Guard against arrogance or being over-emotional towards the middle of the month. An interest in occult science may develop around the end of the month.

AQUARIUS: Start the month with a health check-up. Tiredness may prevail during week two of the month and watch out for angry outbursts around the 13th. Look forward to good news around the 17th. Success will improve towards the end of the month, with a possible travel opportunity.

PISCES: Your physical and mental capabilities will peak at the start of the month. Auspicious occasions may be celebrated at home and romance will be eminent. Be careful of secrets being exposed and a possible separation in a relationship. Possible good news towards month end.



JOYTHISH BHASKARA JADATHARAYA GURUDASAMANI
SWAMI SHANKARANANDA MAHARAJJI

Jyothish Visharat, Jyothish Samrat., KP Hororatna,
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For personal consultations email

sivabalayogi@mweb.co.za / Tel. 083 426 9777

www.swamishankarananda.blogspot.com

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

Our immortal, pure essence of Being can be consciously realized during our current sojourn in this world. Many people try to imagine what the Reality often thought of as God is like. Although attempts to have a mental concept of it can be helpful, it is more satisfying to have direct knowledge of that Reality. For centuries, philosophers in many parts of the world have debated about ultimate Reality and our relationship to it, and have often strongly expressed their opinions. In eighth-century India, Adi (the first) Shankara taught that a supreme Reality exists as pure consciousness without attributes and that souls, which are units of it, eventually awaken to pure consciousness. This view is called nondualism (not two things). Other philosophers promoted a dualistic opinion: that the supreme Reality is forever apart from what it individualizes or produces. In other cultures, diverse opinions about God evolved, as well as about what souls have to do to be “saved” (permanently removed from suffering and misfortune).

Why We Exist in An Omnipresent Reality. Never was there a time when I was not, nor you, nor others, and never will there be a time we shall cease to be.

Bhagavad Gita 2:12

The Bhagavad Gita story is an allegory: a literary depiction of teachings, characters, and events that symbolically illustrate ideas and moral or religious principles. Krishna is portrayed as an incarnation of God explaining higher realities to his devotee, Arjuna. When reading the Gita, it should be understood that Krishna represents every person’s innate knowledge that is being revealed. The following transliteration is provided to explain the real meaning of the above verse: Never was there a time when the supreme Reality did not exist, nor individualized units of it; and never will there be a time when the supreme Reality and its units cease to be.

The supreme Reality has always existed as absolute (pure) consciousness and its expressive aspect with attributes that produce and maintain universes. Units (souls) of that Reality are individualized when its expressive aspect interacts with the vibrating power (Om) that it projects to cause a universe to come into manifestation. Because we are units of pure consciousness, whether we are involved in mundane circumstances or transcend them, we eternally exist in the larger field of Reality.

As units of pure consciousness, we have within us all of the qualities and all of the knowledge of the larger field of Reality. Our innate qualities and knowledge are unveiled and emerge as we awaken to the truth of what we are in relationship to the Infinite. The unveiling and emergence of innate qualities and knowledge can be quickened by aspiration to be fully awake and by effective endeavors that improve intellectual and intuitive powers, clarify awareness, and enable us to know the difference between our pure essence of Being and mistaken ideas about our true nature. To be fully awake is to be Self-realized: to constantly experience our essence of Being and know our relationship with the one, omnipresent Reality. The only differences between people are their mental states and states of consciousness. When their minds are modified by false beliefs and subconscious influences, and their consciousness is blurred and fragmented, they are not yet able to know the truth about themselves or higher realities. When the mind is pure and well-ordered, and consciousness is clear, spiritual growth can be spontaneously progressive.

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 Wellspring of Creativity

LUCIS TRUST

The creative power of the human mind has always been something of a mystery. The flashes of brilliant illumination which have opened up new fields of thought seem as capricious through history as the exact timing and position of bolts of lightning, an inconstancy which the ancient Greeks ascribed to the whim of Zeus. Yet in an era when we have tamed electricity and put it to constructive use, can we not also contemplate the harnessing of creative thought in service of the whole? Indeed, such is the urgency of the times, this seems not just a possibility, but a necessity. So how do we go about this? The answer lies in a deepened understanding of the relationship between the individual human mind and the Universal or Divine Mind, and the designing of techniques to strengthen this relationship.

Given the preoccupation of the religions of the world with the nature of Divinity, it is not surprising they have advanced further in this area than investigators in other fields of thought. The techniques of prayer and meditation which have been developed down the centuries provide individuals of all faiths with well-trodden paths of approach to the Source of all creation. It is not going too far to call these techniques scientific, for they constitute ordered bodies of method and experimental observation: or in other words, systematic means of invoking inspiration from on high, and descriptions of what results the individual may expect to evoke. This science also has its theoretical side, where the observations are placed within the context of a coherent picture of the universe. And just as we would expect to see evolution and change in scientific ideas about the world, we may also expect a similar evolution to occur in religious ideas. There are already signs of this in the emergence of new approaches to Deity such as creation spirituality. Potent meditative techniques for invoking the energies of light and love and group invocation can be particularly effective at specific times of year, and this may have implications for religious life in the future.

While invocative techniques in religion may be more systematic than those of other fields of knowledge, religion has no monopoly on ways of contacting the Universal Mind. That Creative Source may be contacted and known under many different aspects: as Beauty by the artist; as Truth by the scientist; as Wisdom by the enlightened educator.

As humanity's understanding of the creative process expands, we can begin to recognize that the common denominator in attaining contact with higher sources of inspiration is the concentration of mind and heart upon a specific area of thought: in other words, meditation. Every field of knowledge has its own distinctive form of meditation upon the nature of existence, but each is engaged in one and the same process of invoking creative inspiration and evoking constructive results. When this fact receives more widespread understanding, we can expect to see a real flourishing of creative living, as the methods for contacting and expressing creative energies by individuals and by groups receive closer study. When this creativity is coupled with goodwill, then the emergence of a new world of right human relations, sought by all who love humanity, is inevitable.

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.

Postal address: Lucis Trust, Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
london@lucistrust.org www.lucistrust.org

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Ways to Cultivate Deep Feeling

GYANDEV McCORD

Before I came to the spiritual path, my primary tool for accomplishment was willpower. It worked very well in many areas—school, job, sports—and I soon found it valuable in spiritual pursuits as well. I also was heartened to learn that Paramhansa Yogananda said that a strong will is vital for anyone who wants to succeed. “Maybe,” I hoped, “I already have the tool I need.” Yet some inner doors remained closed to me. In time, I realized the truth of something else that Yoganandaji emphasized: Higher success, whether in worldly or Godly pursuits, requires creativity, intuitive understanding, and direct perception of truth. In short, I needed *feeling*.

Feeling is a response that’s awakened in us as we focus our awareness on something: a person, an event, a circumstance. It’s a way of gaining understanding, and it’s very different from the way the intellect understands. The intellect understands via description and analysis, from the outside; it is centered in the brain. Feeling understands via relationship and, in its higher expressions, from the inside; it is centered in the heart. Examples of feeling include the speechless appreciation of a beautiful nature scene, or the sense of expanded awareness that comes from gazing at a sky full of stars, or a mother’s sense of complete self-giving when looking at her child. Feeling also has negative expressions: emotional reactions like anger, fear or despair. Feeling is the only way we can truly know something. Reason and intellect can be misled because they are forever at the periphery of their object. Only feeling has the potential to penetrate to its essence.

This is the highest expression of feeling: soul intuition, our ability to perceive reality directly and accurately. It’s only through intuition that we will realize the Self. As Swami Kriyananda has said, “The way to God is through the heart.” But feeling, too, can be misled. The more we cling to the ego, the more we tend toward emotion, which distorts our perceptions. But as we relax away from ego and calm our feeling nature, we get a progressively more accurate picture of reality, until at last we see reality as it truly is. This higher expression of our feeling nature is what I will call ‘deep feeling’.

In contrast to willpower, which is all about doing, feeling is more about awareness. It’s subtle, but not mysterious. It simply requires sensitive listening, from a place of calmness, expansiveness, and receptivity. I’d like to share a few simple ways in which the principles of Ananda Yoga can help you develop and refine those qualities, and thereby deepen your feeling capacity. Calmness is the first step toward deep feeling. Without calmness, we can become mired in the shallow feeling of emotion. A calm mind is important, but as Swami Kriyananda points out, deeper feeling requires a calm heart as well. In teaching meditation, people speak of the need to calm the mind. In fact, it is the heart that needs to be calmed. That is why devotion is fundamental to success in meditation. When the heart is calm and one-pointed in its focus on God, the mind is also still because there are no restless feelings to disturb it.

“Calm” doesn’t mean “inactive.” It’s powerful and dynamic, yet refined and relaxed. The practice of yoga postures is a wonderful way to calm the heart. Forward bends and twists do this beautifully. So do simple sitting poses like Vajrasana (Firm Pose), which not only quiets the body and mind, but also imparts an inward direction to your energy. Its affirmation, “In stillness I touch my inner strength” helps you still the heart as well as the mind, thus deepening your feeling capacity. Yoga breathing techniques promote calmness as well. For example, Measured Breathing: inhale 6, hold 6, exhale 6 (or 8-8-8, or 4-4-4, or whatever works for you). The smooth, even cadence calms the breath, which in turn calms both mind and heart. For even deeper calmness, practice it in Vajrasana.

Calmness sets the stage for listening. To truly understand something, we first must slow down and listen to it, feel it. Meditation is the ultimate listening exercise, but for many people, listening to the body is easier. In our fast-paced culture, many of us will benefit greatly from being more sensitive to the body, rather than merely ordering it around. Following are two ways to practice listening. Select any yoga posture that you enjoy. Enter the pose s-l-o-w-l-y, gracefully, over the course of many breaths. “Place” your body in the pose, rather than forcing it. Notice every little movement; feel the different muscles as they engage and disengage. Listen to how each body part feels. Is it relaxed, or tense? Alert, or dull? Comfortable, or uncomfortable? ▶



That's a good warmup, but deeper listening is not about myriad details, but rather a single essence or direction. With that in mind, do the pose again, letting your body tell you how to proceed. Don't think about each movement; instead listen and follow. Try to feel inwardly the essence of the pose—not the body's habits—leading you into position. Do the same thing with Measured Breathing. Listen to your body to feel the right count for you, the count that gives you the greatest degree of calm awareness. Yes, use willpower to ensure the equal counts, but don't "dominate" your breath. And don't try to think your way to your perfect count; try to feel your way to it. Such simple listening exercises can help you significantly to develop your listening capacity, and thereby your capacity to feel.

Another key to deep feeling is expansion. In *Art as a Hidden Message*, Swami Kriyananda writes, "an inward contraction upon the ego limits a person's ability to experience deep feeling." Just think of the many ways in which people contract upon the ego: a superiority or inferiority complex, selfishness, fear, greed, defensiveness, judgment, desire for fame or power—the list goes on. Here's a lovely exercise that shows how self-expansion increases your ability to experience deep feeling. Choose a person whom you know and sit for a minute or two, trying to tune in to that person—to feel some part of that person's deeper reality in whatever way you can. Then do your entire asana or meditation practice with the thought of sending the benefits of your practice streaming to that other person. Let every technique, every moment, be completely for the benefit of that other person. You're merely a channel for those benefits.

At the end of your practice, try once again to tune in to that person. You'll find that you're much better able to do it, because you've expanded your awareness to include him or her. You have a connection, not merely a personality connection. Calmness, self-expansion and a listening attitude prepare you to engage your receptivity, the subtlest—and in some ways the most important—key to deeper feeling. Receptivity is much more than openness; it is magnetic openness, being intensely and expectantly welcoming to what you wish to feel. And there is nothing that fosters such magnetism more than love. George Washington Carver, the great American scientist and saint, put it succinctly, "If you love it enough, anything will give up its secrets to you." By giving love, you open a channel of understanding with the object of your love. Whether it's an inanimate object, an activity (e.g., cooking or a sport), or a living entity (plant, animal, human, or God), love helps you begin to resonate with it, which promotes an intuitive understanding of the object of your love.

Here's a practice that can help you cultivate love within yourself. In *The Art and Science of Raja Yoga*, Swami Kriyananda writes, "To practice the yoga postures with spiritual feeling is to find that they help to develop that feeling." To apply this in yoga practices, make every movement with love. Love the vitality you get from the practices or techniques as well as the relaxation. Love what you can do, and love the challenge of what you can't yet do so well. Love the process of ever-easier breathing. Love the quietness of body and mind. Love the blessing of the priceless gift of yoga from the great masters. Feel love as a quality that always exists in your heart, even when you're not practicing postures or meditating. Then, at the end of your practices, send that love to another person. (Hint: If you choose a person you don't know, it will be easier to feel a deeper *impersonal*, love because your love is not about anyone's personal qualities.) After a time, stop sending, and simply feel love in your own heart, a love free from any outward associations. Meditate on that love—a love that is self-existing because it's not about anything or anyone, and offer that feeling upward. The more strongly you can do this (strong feeling, that is, not strong will; willpower's only role is to help you stay focused), the more magnetic and receptive you will be to God, the Source of all love. Any of the above practices can help us develop feeling. And like lifting weights to gain strength, exercising our feeling capacity will help it grow ever stronger, until at last we can perceive, we can *feel*, the subtlest levels of our own being. That is when—and how—we will know God.



Ananda Sangha is a movement
based on the teachings of
Paramhansa Yogananda that helps
you bring God into your life through
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Intolerance

ROD BRIGGS

I have spent a lifetime absorbing as much as possible about the history of spiritual practice. This search has taken me through some very obscure pathways and allowed me to meet, and work with, some remarkable men from all traditions; from Billy Graham, Sir Cliff Richard, Swami Shankarananda, and Ascended Master Charan Singh to HH the Dalai Lama.

Although they all shared in common a burning desire to live and spread an ‘awakened’ spiritual life, they all pursued that mission via very different paths. Having shared the journey with all of them I have come to one inescapable and incontrovertible fact; *there are as many different paths to enlightenment as there are people on the quest!*

I would have thought by now, a decade into the new millennium that this would be self evident to anyone on the *path* but, alas, it seems that there are those who are still being indoctrinated with the ‘my way or the highway’ approach. This was brought home to me a week ago by a friend of mine who practices an alternate, but extremely spiritual lifestyle.

She has been getting harassed by a local Charismatic Christian group who keep sending her text messages telling her that she is in league with Satan and other such fanatical hogwash. As if that was not bad enough (as well as being illegal in South Africa) the messages are always anonymous and when she tries to call them to offer open debate and discussion, they refuse to take her calls. She even has a recording on her cell-phone of a prayer meeting in which they, whoever *they* are, are trying to cast out her demons! As a last resort she has had to get the Police Services involved to investigate.

We are all expressions of the Divine. No one is, or can ever be, beyond the pale and those who seek to belittle others or who think they have the only ‘inside track’ to eternity should heed the Christ’s words from the Gnostic Gospel ‘Unsolicited solicitations are trespass!’ or the equally valid “Judge not lest ye be judged!”

Should anyone be inclined to debate this please feel free to contact me via the e mail address on the website below or via the editor at Life & Style.

In Service always.

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 Action & Reaction

SWAMI MURUGESU MAHARISHI

The question, 'How can man lead his life without emotions?' has some significance in yogic circles. If man does not experience fear, he will be unable to learn control of his negative behaviours and actions. If there is no fear of the consequences of unlawfulness, bad things will be done as a matter of routine. If true love is not expressed then there would be no friendships or family ties. If one does not experience hunger and thirst, one would not survive and if one did not experience happiness when rewarded for good deeds or hard work, he may not repeat such actions. If one does not feel one's physical weaknesses, he will make no effort to improve his health and if one does not pity others in their suffering, he will not receive the same from others in his time of need.

If we study the usefulness of positive and negative emotions, we shall come to the conclusion that emotions are unavoidable for man in order that he may live his life happily and safely. Should not this principle also apply to yogis and siddhas who live in society, mingle with others and work in various ways to earn their maintenance? If the yogi or siddha did not experience emotions, they would not learn to control then by the practice of Pratyahara (emotional control).

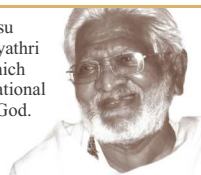
To understand why the Yoga Shashtra advocates emotional control, we should first understand the reactions and harmful results of emotion chaos. A father sees his son drinking liquor, becomes angry, and beats his son. His son apologises promising not to drink again. But it is not certain whether or not the son will be true to his promise. He may continue to drink secretly when alone. Apart from this, there are great losses suffered by expressing your anger. During the grip of anger your heart begins to beat more rapidly. This is said to cause a loss of two years to the life of your heart. Your blood circulates more rapidly increasing your blood pressure and causing stress to the body, your eyes become reddened and pressurised, causing them damage. In addition, much of the oxygen is drawn from the blood to fuel the body's physical reactions, resulting in the blood becoming black and sometimes even causing anaemia and disrupting the body's ability to absorb vitamins and minerals from food. Toxic chemicals released into the blood during anger are so potent that if a small amount of your 'angry' blood is mixed in with the food of a bird, it will die within a short time. The poisons released into the blood by negative emotions like anger and fear remain in the body for a number of days and continue to cause damage to the system. Nerves are damaged and if anger is expressed often, can lead to nervous debility later on. All of these effects reduce the lifespan of a person over time.

But it is not only negative emotions that can have negative effects, so to can positive ones. One day a poor man hears that he has won a large sum of money in the lottery. His joy can be so great that his body goes into shock and causes him to collapse, not to mention the added stress of learning how to manage his new-found money.

So, the question to ask is: 'How do we live in this world without becoming negatively influenced by our emotions?' The answer to this is to maintain a balance midway between positive and negative emotion. Allowing neither to affect us so greatly that they cause us damage. It is alright to feel emotion but it is when we lose control of that emotion and ourselves, that the damage is done. So, next time you find yourself in the throes of an emotional state, take a deep breath, think about how you are damaging your body and allow yourself to react differently.



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 XI

Journey through the Chakras: Brow Chakra

TRACY WHITE

This chakra is located between the eyebrows is also known as the third eye. This chakra develops during adolescence. Its basic right is to see and be seen. Here we develop an archetypal identity connected to issues of *self-reflection*. The emotion that does the most damage to this chakra is illusion. In order to thrive emotionally this chakra needs to be included, validated and the truth.

This chakra is associated with knowledge, wisdom, and intuition, and the ability to 'see' the symbolism in the events of our lives and the lives of others. It is also the centre for 'self' awareness, where attachment is no longer a burden.

Major issues

Self realization / evaluation, intellectual abilities, Intuition, imagination, perception, clairvoyance, wisdom, detachment, symbolic sight, truth, openness to the ideas of others, ability to learn from experience, emotional intelligence, feelings of inadequacy.

Traumas that affect programmes

What you see and what you are told don't gel, invalidation of psychic or intuitive.

The following list may indicate a *deficiency* of energy in this chakra:

Being insensitive; poor vision and memory; lack of imagination; difficulty visualizing; poor dream recall; denial; difficulty seeing the future.

The following list may indicate an *excess* of energy in this chakra:

Having hallucinations or delusions; being obsessed; having difficulty in concentrating; having nightmares.

An indication of balance is someone who is intuitive and perceptive with a good imagination. They have a good memory and are able to recall their dreams. They are able to think symbolically and are able to visualize well.

If I don't have the right to see (the truth) and be seen, then I am in conflict with my identity of self-reflection. 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 hallucinogens or marijuana.

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

"I see all things clearly."

"I can manifest my vision."

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



The Energy Centre

TRACY WHITE

Reiki Master / Teacher

Usui & Tibetan System of Natural Healing


 031 767 4926 / 082 668 4163 / tracyw@vox.co.za
www.the-energy-centre.blogspot.com



Efficiency in Spirituality

SUREN PILLAY

Many spiritual aspirants often wonder how masters were able to accomplish so much work in such a short period of time. The few spiritual aspirants that do, in fact, take the time to perform a detailed analysis of a Master would find a few common denominators regarding their management of time. It is a known truth that spiritual masters possess a tremendous amount of will-force and energy. Many ascribe this possession of energy to be the sole factor in the accomplishment of good works. However, others are of the opinion that a combination of will-force, energy and time management are the aspects mastered by great rishis in their spiritual accomplishments.

In my analysis of the lives of saints and sages, I am compelled to believe in the latter view of an integrated formulae for spiritual success. It should be noted, however, that for realised masters the divine magnetic pull to do good works automatically leads them to efficient time management with little effort on their part. For those aspiring toward spiritual heights, time management is critical as there are many temptations which appear to give us happiness, but which really take us nowhere in the long run.

By analysis, we may conclude that if a human being is alive for sixty years on earth and sleeps eight hours a day, approximately one-third of his life has been spent in sleep. This means that approximately twenty years of a person's life have been spent in slumber. Many so called 'sleep experts' say that we only need between six to eight hours of sleep per day. If a person was thus able to reduce his sleep hours from eight to six hours per day, the difference of two hours a day in a life of sixty years, would give the person an extra five years of life. The startling conclusion arrived at by many, when analysing human behaviour and their effect on both material and spiritual attainment, impels one to focus their energy in using time for constructive and beneficial purposes for society as a whole. One of the questions an aspirant should be asking himself in determining whether an action should be undertaken or not, is: 'What would the world be like if everyone did what I was doing?'

If everyone in the world started to feed the poor, heal the sick and educate the illiterate, we might be living in a vastly more civilised society. One of the standards in determining the civility of a society is whether medical treatment is free for those who need it. By this standard, many societies have failed dismally in the civility test. The solution is an inner one which needs to be expressed by solid commitment towards benefiting society as a whole. There is enough food in the world to feed the poor and there is certainly enough money in the world to destroy all existing poverty. The problem is that the inner consciousness of those who benefit the most from the world's capitalist economies has not shifted to a 'collective consciousness' paradigm, resulting in mass selfishness and ego-centred realities for upper- middle and wealthy classes of individuals in the world today.

My message to readers this month is that the glory of beneficial work to society is not just one that earns praises in the physical world, but also in the heavenly abodes, provided such work is executed with sincerity and devotion. There is no end to the happiness one achieves in working selflessly in the world. However, for those who are working in the world, selfless action is always a challenge in terms of time management. It is thus imperative for the working man and householder to carefully evaluate the time he spends, and to start moving away from selfish activities towards selfless activity. If this can be done in such a way that he can spend a few hours a week for selfless works, he will reap eternal benefits from such action.

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 Oneness of Religion - Part 1

SELECTIONS FROM THE WRITINGS OF BAHÁ'U'LLÁH

The principle of the unity of religion is at the center of Bahá'í teachings. Bahá'u'lláh states that humanity is engaged in a collective growth process quite similar to the growth process of an individual: just as a person begins life as a helpless infant and attains maturity in successive stages, so humankind began its collective social life in a primitive state, gradually attaining maturity. In the case of the individual, it is clear that his or her development takes place as a result of the education he or she receives from parents, teachers, and society in general. But what is the motive force in humankind's collective evolution?

The answer the Bahá'í Faith provides to this question is 'revealed religion'. In one of His major works, the *Kitab-i-Iqan* (the Book of Certitude), Bahá'u'lláh explained that God, the Creator, has intervened and will continue to intervene in human history by means of chosen Messengers. These Messengers, Whom Bahá'u'lláh called 'Manifestations of God', are principally the Founders of the major revealed religions, such as Abraham, Moses, Buddha, Zoroaster, Jesus, Muhammad, and so forth. It is the spirit released by the coming of these Manifestations, together with the influence of Their teachings and the social systems established by Their laws and precepts, that enable humankind to progress in its collective evolution. Simply put: the Manifestations of God are the chief educators of humanity. With regard to the various religious systems that have appeared in human history, Bahá'u'lláh has said:

These principles and laws, these firmly-established and mighty systems, have proceeded from one Source and are the rays of one Light. That they differ one from another is to be attributed to the varying requirements of the ages in which they were promulgated.

Thus the principle of the unity of religion means that all of the great religious Founders - the Manifestations - have come from God, and that all of the religious systems established by Them are part of a single divine plan directed by God. In reality, there is only one religion, the religion of God. This one religion is continually evolving, and each particular religious system represents a stage in the evolution of the whole.

The Bahá'í Faith represents the current stage in the evolution of religion. To emphasize the idea that all of the teachings and actions of the Manifestation are directed by God and do not originate from natural, human sources, Bahá'u'lláh used the term 'revelation' to describe the phenomenon that occurs each time a Manifestation appears. In particular, the writings of the Manifestation represent the infallible Word of God. Because these writings remain long after the earthly life of the Manifestation is finished, they constitute an especially important part of the phenomenon of revelation. So much is this so, that the term 'revelation' is sometimes used in a restricted sense to refer to the writings and words of the Manifestation. Religious history is seen as a succession of revelations from God and the term 'progressive revelation' is used to describe this process. Thus, according to Bahá'ís, progressive revelation is the motive force of human progress, and the Manifestation Bahá'u'lláh is the most recent instance of revelation.

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

Tel: +27(11) 462-0100 Email: nsa.sec@bahai.org.za Website: <http://info.bahai.org>



Maitreya is the World Teacher, the Master of all the Masters, the Head of the Spiritual Hierarchy of Masters, the Embodiment of the Christ Principle on our planet. He holds the office of the Christ and worked through the Master Jesus in Palestine for the last 3 years of Jesus' life. He is the Teacher or Avatar awaited by many faiths under different names; He is here for all humanity, not as a religious teacher, but as a spiritual teacher to uplift and bless all humanity, to heal and inspire us to make the needed changes in the world. His social concerns are reflected in His priorities. As He Himself says: "The problems of mankind are real but solvable. The solution lies within your grasp. Take your brother's need as the measure for your action and solve the problems of the world. There is no other course." Maitreya's message can be summed up in a few words: "Share and save the world." He has come to teach the art of Self-Realization. He comes to offer the love that he is, so that we may know the love that we can be.

The Needs of Men

BY THE MASTER through Benjamin Creme

When men take stock of their present situation they can come to but one conclusion: the methods of even the recent past no longer work. On all sides, but particularly in the financial and economic sector, there is continuous and growing chaos. 'Experts' are summoned to aid the floundering governments regain some control but to no avail; the old, tried methods refuse to obey the wills of their chancellors, however experienced they might be.

What are they, the governments of the world, to do? What *can* they do? They can continue for a time manipulating the old structures, hoping that things will 'settle down', and the old patterns survive. This is, indeed, a forlorn hope. Generally speaking, the governments of most countries see their role as protectors and upholders of the 'status quo', that false idea that life is static and, therefore, all change is rebellion and undesirable.

This attitude is true of most governments, whether of the 'right' or the 'left', capitalistic or socialistic. In either case they fail to recognize the yearnings of their peoples for change, for a new concept of living, one that ensures their ability to raise their families in peace, security and well-being. The failure of governments is precisely their failure to see that their true role is to look after the well-being of their people. Lost as they are in competition and the following of 'market forces', they have lost touch, for the most part, with the needs of those whom they claim to represent. The glammers of power and authority overcome, as often as not, their desire to serve.

Divorced from the real needs of the people, they fall back on ideology and theory. Even so, they are not entirely to be blamed. They know nothing of the forces with which they try to contend. Ignorant as they are, they fall easy prey to the destructive forces of the past.

The people, meanwhile, suffer and wait and pray, unaware, for the most part, that the help for which they pray is even now among them, ready and eager to aid their suffering and to ease their lot. The people know the true nature of their need but require a strong and fearless representative to give it voice. Already present, that representative, Maitreya, is working quietly to influence the direction which events will take. Soon, that voice will strike a stronger note, and many will be ready to respond. Thus the Plan works out its beneficent purpose to secure 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 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.

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Dedication and Purpose

SWAMI SHANKARANANDA MAHARAJI

Dedication. If you not going to have it, you are not going to make it. What does it mean that we will 'not make it'? Everything should be regarded as service to God. If teachers go to school and just do their jobs, then they are just doing their work. But if they do it for God then they have dedication and love for our work. How are you going to be a dedicated person?

The Gita clearly states that even wise men make mistakes. Those who follow with dedication are the wise. But when we come here, we lose our reason for being here. Then we get lost. We get caught up in the jealousy and questioning of people's relationships and you lose your purpose. Paramahansa Yogananda met Babaji at the Mela. Babaji said, 'you are wasting your time here, go to the west'.

We once had a devotee who would sit and sing devotional songs during service. He claimed to be unmovable in his faith and that nothing could get in his way. His previous guru, who had passed on, sent him to me. Then another Swami came here and gave a discourse and the devotee left the ashram, just like that. He even told lies to us about why he wasn't coming to temple. What happened to his devotion and faithfulness to his guru? His ego became a problem because he came here to become a Swami, but it did not happen for him so he left.

In twenty-four hours we need to do three things equally: worship God, maintain the household and do our normal duties. If you take three divided by twenty-four, it will give you eight hours. So for eight hours we should be remembering God alone. For eight hours we should be earning money, with eight hours left for sleep and family.

If you are doing yoga, the maximum amount of sleep is four hours. Your basic sleep should be two hours. Just the word 'sleep' makes some people sleep. We are sleeping too much. The Bhagavad Gita tells us that he who eats too much or too little, or who sleeps too much or too little, is not a yogi - he's a boghi. He who sleeps all the time is a roghi. The rule is to have breakfast like a king, lunch like a prince, at supper like a beggar. Too many people eat like a king for all three meals, and sleep like a king's dog, all day. You need to adjust yourselves, especially the youngsters of today.

Even Christ teaches us in Matthew Chapter 24 verse 42 to 'Keep watch, because you do not know on what day your Lord will come'. The Master is telling us to stay awake so that we don't miss out our spiritual purpose, that of uniting with the Lord, of becoming one with God in our final liberation from this material plane. Moving from a place of non-dedication to a state of dedication requires change. And change is always difficult. We let our minds bluff us with excuses. We need to learn to modify our minds. As soon as we can modify the mind we can connect with God. But we have not modified the mind yet and until we do, we're not going to be able to change.

Many people have lost their spiritual purpose. They get caught up in the spider's web and now spin their own webs. They became orphans. You must work towards dedication, to develop devotion and that divine love for God, and find your purpose.



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.

www.jadatharayayoga.com



Readers' Inspirations

The Eternal Traveller

In light of spirit perception is my guide.
 Unknowing, unerring and unaware I have travelled lifetimes to know thee.
 Reveal thyself once more so that my travel at last may come to an end!

SUREN PILLAY



Just for today let love radiate through every sparkle in your eyes,
 Let the vibration of existence fill your being with joy
 Let the breeze of tranquillity cool your tempered mind
 Let the swaying trees transfix your emotion into ecstatic gesture
 Let existence take over your being. Let your soul reveal its love,
 And let your whole day be filled in his love and grace
 For in this kingdom of duality Only His name can set your free
 No one else, just that great yogi....

BAPI



A sweet longing have I for the mainland of Realty. No more shall I live a life founded upon culled fictions. Splintered, broken and smashed realities of life no more can torture my intrepid heart.

From now in my mind only God-Reality will grow.

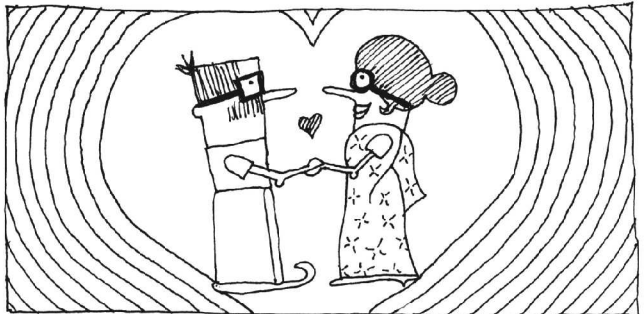
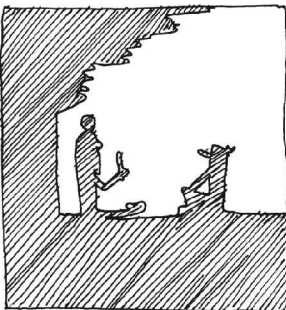
In my heart only God-Love will grow.

In my life only God-Embrace will grow.

SRI CHINMOY

the chronicles of puglānanda*

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Guruji: God is Advaita, which means that he is the singular consciousness. Although to conceive creation, that singular reality had to be projected in duality...the apparent reality.

Puglananda: Maybe that's why god created the concept of a wife, to show man the duality of life. Oh no! That means I will have to remain single, to live in the singular consciousness.

* Puglananda means 'bliss in stupidity'.



Index of Resources and Online References

Ananda Sangha

Web: <http://www.ananda.org> Online classes: <http://www.anandaonlineclasses.org/>
14618 Tyler Foote Rd., Nevada City, CA 95959 USA
Email: sanghainfo@ananda.org

Baha'i International Community

Web.: <http://info.bahai.org> World news Stories: <http://www.news.bahai.org>.
Tel: 011 462 0100
Email: nsa.sec@bahai.org.za

Centre for Spiritual Awareness

Web: <http://www.csa-davis.org> Truth Journal: <http://www.facebook.com/#!/group.php?gid=82457520453>
Roy Eugene Davis - PO Box 7, Lakemont, Georgia USA
Email: csainc@csa-davis.org

Gayathri Peedam South Africa

Web: <http://www.gayathripeedam.com>
Dean Petzer - 082 825 3202
Email: sivabalayogi@mweb.co.za

Heaven Letters (TM)

Web: <http://www.heavenletters.org>
Gloria Wendroff - Email: gloria@heavenletters.org / santhan@heavenletters.org

Jadatharaya Institute of Right Living and Yoga

Web: <http://www.jadatharayayoga.blogspot.com>
Karl Ziesing - 083 533 9001
Email: karlziesing@gmail.com

Lucis Trust

Web: <http://www.lucistrust.org>
Suite 54, 3 Whitehall Court, London SW1A 2EF, UK
Email: london@lucistrust.org

Mindlink Foundation

Web: <http://www.mindlinkfoundation.com>
Rod Briggs - 032 946 2710
Email: info@mindlinkfoundation.com

Share International

Web: <http://share-international.org>
PO Box 3677, London NW5 1RU, UK
Phone: +44-207 482 1113 / Fax: +44-207 267 2881





Suren Pillay

Web: <http://www.aoi.co.za/index.htm>

Email: surendranpillay@webmail.co.za

Phone: 084 828 3880

Swami Shankarananda Maharajji

Web: <http://www.swamishankarananda.blogspot.com>

Email: sivabalayogi@mweb.co.za / 083 426 9777

Swami Murugesu Maharishi

Web: <http://www.swamimurugesu.blogspot.com>

Email: sivabalayogi@mweb.co.za

The Chronicles of Puglananda

Email: dotmered@gmail.com

Email: ssmoodley@mweb.co.za

The Energy Centre

Web: <http://www.the-energy-centre.blogspot.com>

Tracy White -031 767 4926 / 082 668 4163

Email: tracyw@vox.co.za

The Expanding Light

Web: <http://www.expandinglight.org>

Phone: 800-346-5350 or 530-478-7518

Email: info@expandinglight.org

Victoria Rodda

Email: victoria.v8@gmail.com



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