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# TRANSCENDENCE

Serious Spirituality for Devoted Aspirants

Issue Twelve

18 February 2011

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Welcome to the February 2011 issue of *Transcendence*. At the end of this month *Transcendence* would have been available for one year as a free electronic mag. We hope our readers will continue to enjoy the offerings of all our contributors (and some new ones) for another year.

February is revered as the month of love, as the life of Saint Valentine is celebrated and many focus on those in their lives on whom affections are bestowed. Let us allow the story of Saint Valentine to offer us inspiration. In brief, he was a priest in Rome during the third century under the rulership of the emperor Claudius, who was trying to get together an army to wage wars, but many of his subjects did not want to join and fight. Claudius presumed this was because they were married and had families, so he outlawed marriage in the hope that more men would join the army. Valentine ignored this law and continued to join men and women in holy matrimony. He was caught, jailed and sentenced to death. It is said that during the time he spent in prison, many visited him and a number of miracles took place. His sentence was passed on 14th February 269AD. He died because of his belief in love.

Looking at this from a more spiritual slant, we too should die for Divine Love. We should try to eliminate all influences in our lives that prevent the love of God from entering our hearts. A number of articles in this month's *Transcendence* focus on brotherhood and unity. These can only become worldwide realities when we sacrifice our lower tendencies for the higher reality of Divine Love and see all other beings as our brothers or sisters in God. As Swami Shankarananda so aptly puts it, 'when we see everyone else as bigger than us,' - when the ego is no longer a predominant distraction.

But how do we accomplish this? We start by allowing ourselves to become more Self-aware as, in discovering who we really are, we also learn to understand the essence of others which leads to empathy and the eventual realisation that we are all bound together by the same universal energy, and are all on the same journey together. It is really only the ego and the mind which separate us.

In Love and Service, always,





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## Heavenletter # 3736 - Rise Above Yourself

GLORIA WENDROFF

God said:

The trouble with you is that you think you have limits. The trouble with you, then, is how you think. Change your thinking, and, wow, the world is a different place, and you stride differently in the world.

You are quick to think how others must change. You know right down to the minute exactly what others must do. You don't understand what is the matter with them, how they can do what they do and possibly think they are right! Often others make no sense at all. What is the matter with them?

You are not always so quick to think of the avenues in life that are for you to remake. What ten thoughts will you have today that you could extend or rethink? There is perhaps a tendency to think that you are holier than thou. You are so sure you are right. Half the time it doesn't even occur to you that your thinking may be limited even at the same time you don't really believe in yourself. You have come so far, and you truly have. And yet you are not home yet.

Often you ask yourself: "How can so and so think like that? What is he thinking of?" There is even a song that sings: "Why can't she be more like me?"

At the same time as you may limit yourself, you think you are at the summit. Of course, it is true that you have come a long way. And now you will come further as you open your heart and you open your mind. Be open-minded. Be open-hearted. Your way is not the only way. Your way may not be a way at all except that you fell into it and it sort of suited you. It is comfortable. You like it. You may also like very much feeling that you are above others.

But here's what you want to do: You want to rise above yourself.

Yesterday, despite your reservations, you stood on top of the world, and you looked down at the masses and thought like the little boy who pulled out a plum, "What a good boy am I!"

It is true that you are good, yet you cannot sit on your laurels. You are going to be better yet, a whole lot better yet. And the only way you can do that is to be open to change. You may still feel sure that you are at the top of the mark. You see that others have to grow. Beloveds, you are to grow as well. You can't grow without changing. Did you think you could? You are not yet Buddha sitting under a banyan tree.

You can love yourself. It is good to love yourself. You can still love yourself and change. I am not talking about change enforced on you from the outside. I am talking about your changing your mind because you have opened your heart and mind, and now you see from a wide-angled lens. You can't pretend to see from a vaster perspective. You can only see what you see when you see it. Right now you can be open to seeing in ways you have seldom or never seen before.

Now you can admit that you are not always right. You cannot say you are never mistaken. You cannot say you have reached your full growth. You can be wonderful and good and woolly and wise, and still you have room to grow, and grow you will because you want to reach your full stature, and you want to stand tall, and you want to be all I want you to be in thought, in love, and in deed, altogether a beautiful example of what I have wrought.

SOURCE LINK TO THIS ARTICLE





## Inspirational Quotes



God said:

*What if you knew you had been given everything, how different would your life be? When you set out on a journey with everything you need, how do you feel? You have all the resources of the entire universe at your feet. And you are surrounded by all of Heaven.*

Heavenletter #38 - Know your abundance



*I love to hear My name from your lips. An utterance formed by your heart, issued by the mind, tongue and lips. You call for Me, and I am already here, but I turn My face towards you fully, and We look into each other's eyes, and you begin to know yourself beneath your exterior. You begin to appreciate more of yourself who is inevitably Myself for all the world to see.*

Heavenletter #245 - Know Thyself



*Holy vessels, through you I pour Myself out. You are the pitcher through which I flow. Poured as you may be, you are never empty. Infinite am I, infinite are you, and infinite is My supply, therefore yours. There is no dearth of God. There is no dearth of you. Abundance abounds. Infinite abundance abounds. You are the pitcher from which I pour, and you are the cup into which I pour the contents of the pitcher. You are My unbounded Self. This is a secret you have kept from yourself.*

Heavenletter #2216 - Knowing God



*Who would want to hold on to ego, that trap-setter, who lets you down time and time again. Really now, who would choose ego over Reality? No one. And, yet, by and large, that is what the population does. Ego, although lacking substance, is quite popular. But I don't need to tell you anything about ego. You are already well-acquainted with ego in all its disguises. You have even called the fiend friend. Ego is a whiz at cozying up to you, flattering you, making you feel great for a moment before the crash comes.*

Heavenletter #2293 - Kiss Ego Goodbye



*When your heart feels hardened, put your hand over your heart. When you place your hand knowingly on your heart to melt the hardness, you will begin to feel the hardness melting. Yes, put your hand over your heart with pure intention, and your hand and your intention will do your bidding.*

Heavenletter #3540 - Keep your heart open

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](http://www.heavenletters.org)





## Vedic Astrology Report for March 2011

SWAMI SHANKARANANDA

**ARIES:** Try not to make emotionally-based decisions at the beginning of the month and be patient on the family front. Mental tension may increase in the second week of the month so be careful in what you do as an extra work load may be exhausting. Watch out for work-related obstacles mid-month.

**TAURUS:** A friendship may cause family tension at the beginning of the month. Be wary of a possible business loss towards mid-month and keep your anger in check. Possibility of a new venture arises at this time. Drive carefully - a minor accident may cause unnecessary problems at month-end.

**GEMINI:** Stagnant projects will come to an end and success will be high at the start of the month. You may find yourself travelling mid-month with religious activities also keeping you busy. Watch your health towards the end of the month and be extra-careful with your money.

**CANCER:** Business is good during the first week of the month but expenses will also increase and this could cause tension. Look out for new contracts mid-month but also be careful of your health as there may be a possible hospital visit during this time. There's a new interest in religion at month-end.

**LEO:** Effort to improve finances will dominate you at the start of March. Family illness may cause you stress and suffering towards the middle of the month and you could find yourself involved in some charity work. The possibility of a spiritual journey arises. Avoid ego-related outbursts.

**VIRGO:** A good time for students and studying at the beginning of the month. Keep your indulgences in check during this time. There will be some stagnation with projects at mid-month. Do not overspend or loan money now. Children may cause you worries towards the end of March.

**LIBRA:** Watch your health and avoid addiction-related situations. A possible promotion during the first week of the month. Watch out for electrical gadgets later on in the month. A past investment may yield you good returns towards month-end.

**SCORPIO:** Money, honour and prestige improve around the 7th March. Keep strangers at bay to avoid being taken advantage of. Good news may come your way around the 18th but monies due may not manifest right away. The settle of an old dispute is finalised at the end of the month.

**SAGITTARIUS:** At the beginning of the month, domestic issues will predominate and friends and relations may disturb your schedule. A health problem with a senior family member could surface at mid-month. Financial activities will take up most of your time towards month-end.

**CAPRICORN:** Adverse circumstances may come your way around the 8th, with mounting expenses making things worse. Your creative talent will predominate just after mid-month and prestige may increase. Success will peak towards month end and students will yield good results in their studies.

**AQUARIUS:** Don't assign your important jobs to others during the start of the month. There is possibility of a family dispute during the middle of the month and tension could lead to depression. Morale and enthusiasm will be high at month-end but work pressure may create tension and worry.

**PISCES:** Determination to face problems will be strong at the beginning of March and the possibility of promotion arises. Towards mid-month, happiness will be gained from the activities of children but watch your health. Month-end journeys will be productive and morale will be high.



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.



## Constructive Use of Creative Imagination

ROY EUGENE DAVIS

Mentally picture and *feel* that what you need or want is already accomplished. You can do this in a few moments or you may use this method:

Sit still until your mind and emotions are calm. Vividly imagine the end results of what you need or want to experience. Feel, at the deepest level of your being, what it is like to be fulfilled or accomplished. Sustain that conviction and feeling after the session. Do what you know to do to have what you need or want. If you don't know what to do, sustain the conviction and feeling of accomplishment and allow life to provide supportive events that will bring what you imagine into manifestation. Forty years ago, I knew a man who used imagination to be successful in a business venture. Two years later, some of his managers left the company and created a similar business, taking with them several skilled employees. Instead of using imagination and his personal skills to attract new, competent, trustworthy people, the founder allowed himself to become depressed and resentful, used alcohol to escape from reality, and let his business fail. Many years later, when I met him again, he was still talking about how he had been betrayed.

If the experiences and circumstances that you imagine are not always actualized, avoid thinking that you cannot succeed. Persist until you are successful. Learn by participating in the creative process. With practice, you will acquire proficiency in using your imagination to produce ideal outcomes. The clearly defined needs or desires that you picture in your mind will be impressed into Cosmic Mind which will cause events to occur and circumstances to unfold that will result in fulfillment. Regarding the many projects that my guru, Paramahansa Yogananda, implemented and successfully completed, he said, "I sow the seeds of success in the ethers." In his mind, he "saw" the end results. When someone expressed doubt about his projects, he would say, "Be patient. Everything will work out beautifully. You will see it." He also advised people to meditatively "float" their desires in the Om vibration. Om is the omnipresent vibration of the power of supreme Consciousness. When you are attuned to it, your consciousness is one with the creative power that makes everything possible.

When using your creative imagination and floating your desires in Om, forceful endeavor is not needed. Clearly define your needs and desires; gently intend for them to be fulfilled. Know and feel that they are fulfilled. Perform helpful actions when you can. Let the universe provide the means for the satisfaction of your needs and the fulfillment of your desires. Use your creative imagination to "see" and "feel" yourself to be spiritually enlightened. How would you think, feel, and act? What would you do? What would be your understanding of your true nature and your relationship with the Infinite? Behind the outer appearances of the physical realm are invisible forces that regulate the processes of life. Learn to be aware of them, and cooperate with them. Invite them to be supportive of you and they will be supportive in accord with your receptivity to your highest good. Train yourself to know and feel that you are worthy of being fulfilled. Thoughts and feelings of unworthiness tend to attract corresponding events. As a pureconscious spiritual being, you *can* choose to always be spiritually conscious, happy, healthy, and successful in all of your meaningful endeavors.

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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## The Flower of Love

LUCIS TRUST

Flowers have long been associated with love. We are instinctively drawn to them and use them as a symbol of our love, our affection, our sympathy. They help to draw us together in loving relationship. They lift us up. Flowers are like Nature's heart centre. Flowers spring up from individual seeds; their blossoms producing a vast array of colours. The multiplicity of colours in the plant kingdom blend and fuse in perfect harmony. There is no discordant colour to mar the relationship; they serve where they grow. In that unbroken relationship, flowers are the way the plant kingdom displays love in the world.

Likewise, in the unfolding petals of the human heart, we also find the flower of love. Of all the major centres, the heart centre is by far the most important today. The uplifting, magnetic power of its energies is what is needed to offset the strong emotional, personal tendencies of the personality. Because of its tendency to express selfishness and separateness it cannot produce the universal quality of love so needed today. Only the heart is capable of meeting this need. As the heart unfolds through the impulse of service, its magnetic, attractive power increases in strength, drawing upward and qualifying all self-centred tendencies; its power of love absorbs selfishness, producing a self that thinks and serves only in group and universal terms.

The love that radiates from the awakened heart is no longer the affectionate love of the individual self - that is still present but has dropped to a secondary position. The more dominant quality that is now expressed is universal in its outlook; it is sensitive to, and feels the needs of, the world as a whole. This is the purifying love of the one Soul. As with flowers, service is the soul's motivation and reason for being.

The universal love of the heart serves to relate not only horizontally in the outer world, but also vertically and inwardly with the higher mind and the intuition. The universal love of the heart aligns with, and vibrates in harmony with, the refined energies of the intuition, thus establishing a relationship with the Mind of God. It is said, 'in the heart of every person lies hid the flower of the intuition.' The pathway to the intuition lies through the love of the heart and reveals the underlying motive of creation.

That motive is revealed in the flower of love - whether human or plant. In the array of blossoming heart centers we produce patterns of colours around the world. Where love can flow unimpeded, the world is drawn together. We too serve where we grow.

*The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.*

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**LUCIS TRUST**



## The Greatest Lover

PARAMAHANSA YOGANANDA

In India, there once lived a God-loving saint and his wife. The saint loved his wife, but he loved God more than anything else. In fact, he had married with the firm resolution that he would leave his wife and possessions if God ever urged him to leave all for His sake.

Continually he would ask himself whether he loved anything more than God. He thought: "If I ever stoop to love something more than God, I will remove that obstacle."

Delusion, however, is subtle. After a while, the saint and his wife went on a pilgrimage. His wife was about to give birth to a baby, and both thought it would be auspicious for the baby to be born in the holy land of Benares.

On the way, as they passed along the outskirts of a certain city, the wife was stricken with labor pains. The saint hastily took her into a dilapidated, deserted house. As the wife writhed in agony, she said to her husband: "Saintly one, I feel I am going to die. Promise me that you won't, under divine impulse, desert our new-born baby."

Extremely touched by the words of his stricken wife, the saint was torn between his love for the child to be born and his paramount love for God. Then he thought: "I could love neither my wife nor the baby unless God gave them to me, made them lovable, and gave me the love with which to love them. No matter what happens, I will never let anything come in the way of my love for God. I will forsake everything for God."

He resolved to cut off his hand, pluck out his eye, or otherwise maim himself if, by so doing he, would become worthy of God's love. Although inwardly resolved, to console his wife, he replied to her repeated entreaties by saying: "I will try my utmost to carry out your wishes."

But hard are the tests of God and subtle are the ways of delusion. It happened that the wife died, leaving behind the beautiful baby boy which the saint and his wife had hoped to attract.

The baby was crying piteously when, all of a sudden, there was a great rumble in the ether and a great light. A divine presence possessed the saint and a voice said: "Beloved, come to me. We will remain in the ecstasy of divine love in the Himalayan caves."

Shaken with his love of God on one hand, and his love of the helpless baby on the other, the saint thought: "I could not know what love is, nor have the baby to love, without God's love. If I cannot forsake father, mother, wife, child, and life for God, I am not worthy of Him."

He then prayed: "Lord, master of my life, I must show that my love for You is greater than my love for the baby. And now, Lord, please take care of the baby, as I must depart for the bower of the Himalayan caves to commune with You."

As if in response to his prayer, his eyes suddenly rested on the floor where he saw a lizard give birth to an egg and silently slink away. The egg broke; a little baby lizard was born. It opened its mouth in hunger and suddenly a small insect flew in its mouth. Its hunger satisfied, the little lizard began to move toward a hiding place.

Seeing this, the saint thought: "If the Lord feeds the baby lizard, forsaken by its mother, so also will He take care of my baby, forsaken by his mother and father."







In the deep ecstasy of God's love, the saint ran out of the house, all the while hearing the baby's cries. His heart was shaken and his human love suffocated him. He stood under a tree and prayed: "Lord, although my love for you is greater than my love for the child, you gave me a human heart and I feel worried about the motherless, fatherless, helpless baby. Lord, I beseech You: show me that my baby will be cared for."

Just then, the saint saw the royal coach stop at the deserted house, attracted by the child's cries. The queen climbed out of the coach, entered the house, picked up the baby, and swiftly departed for her palace.

While lingering in the city for a day or two, the saint heard that the king and queen, having no children of their own, had adopted the foundling as their child and successor to the throne. Much pleased, the saint left the city to keep his tryst with God in the Himalayan caves.

**MORAL:** Love God with all your heart and soul. Love God more than you love anyone or anything, for you cannot know love, nor love anyone or anything, without first receiving that love from God.

Seek the kingdom of God first; then all your desires will be fulfilled. Cut off all difficulties that lie in the path of Self-realization and supreme freedom.

From the Praecepta Lessons, 1938.

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## Open Up

ROD BRIGGS

"If I want to understand what you are saying, I must listen to you... I must listen with affection, I must listen with care, I must listen with attention" Krishnamurti".

The above advice, shared by one of history's great sages, seems at first glance to be ludicrously obvious but, as with most great insights its simplicity belies its clout. Read the quote again and think how often you actually do this in your life, or how often you don't.

At this critical moment in time, we find ourselves so caught up in the minutiae of our own existence, with our own day to day grind, that we pay scant attention to what others may need or want, unless of course, we can benefit directly. What we fully fail to grasp is that every single interaction we have is simply the act of looking in a mirror. We do not live in isolation but rather as a collective; what influences one part of society, whether positively or negatively, impacts on the whole.

We all say we want peace but we do not express that kind of harmony in our daily lives, in fact it's often the opposite that we feel towards our brothers and sisters; we desire joy and unconditional acceptance but do we offer this to all whom we meet? Not very often, if truth be told. We all sit back and say "why don't they do something about it!"

But we are the mysterious they and until each and every one of us holds a clear and definite picture of the kind of society we want to live in, and guard our thoughts against lapses in that image, we can never achieve the world which could be our birthright. We have come a long way but, in so many areas related to the understanding of our thoughts, we have such a long way still to go.

Behind the façade and illusion of separation that we have all cultivated since birth, we are part of one great closed system. We urgently need to open up to it.

Yours in service.

*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](http://www.mindlinkfoundation.com)





## The Necessity of Emotional Control

SWAMI MURUGESU MAHARISHI

Yogis have told us that we can express emotions but, at the same time, that we should control any reactions that arise from those emotions. This is called *Pratyahara*. Bear your karma but do not let yourself react to your karma. Yogis advise this because they know that until, and unless, one overcomes all emotion, he will not attain salvation because emotional tendencies do not fade away of their own accord. They should be removed from the sub-conscious mind (*chitta*) by spiritual practises (*sadhana*). Each time you allow your emotions to rule you, they take root in the sub-conscious mind and influence your future reactions and behaviour. Until all emotion is removed from the subconscious, there will be not true and everlasting bliss.

Apart from this, *Pratyahara* is emphasised in the teachings of Yoga because, if one does not subdue, remove or control their emotions, it is difficult to attain success in spiritual practices like stilling the mind and meditating as the emotions tend to stir up the thoughts and cause restlessness. As long as your emotions and intelligence hold you in their grip, *samskaras* (subconscious impressions) will hinder your progress and create a barrier to your attempts. Emotions are great obstacles in sadhana as, even once the mind is calmed, stored emotions rise to the surface and prevent success in your practices.

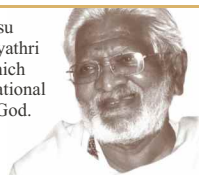
When a person is in an emotional state, their intelligence recedes, judgment is marred and they perform actions without considering the effects of their consequences. Often such actions are harmful to themselves and others and manifest in fear, anger, lust and even during excessive joy. Emotional control is not only useful to yoga students, but also to the general person who desires to lead life happily and without any obstacles. By emotions a person undergoes much suffering, but how do we overcome our emotional constitution?

Yogis agree that emotions are not necessary to live a happy and successful life. Yoga students are taught not to lose their equilibrium and poise when they experience an emotional surge. They should not allow themselves to go into a fit of rage or to be ruled by any emotion in any way as such behaviour is damaging to the health and results in disorders of the mind and body. During an emotional surge, one should focus on clear thinking and act from the intellect, not from the emotions. A successful yoga student may feel anger when his child misbehaves, but he considers the situation carefully before taking any action and approaches the situation calmly and from the intellect. In this way, he will maintain his balance and be in a position to initiate a positive solution. He will not shout, or hit his child but will speak calmly and clearly with deliberate thought. This will prevent the body from being affected by the negative reactions of high emotions, like increased heart rate and blood pressure.

There is nothing wrong in feeling emotion but when we allow the emotion to take control of us, we will hinder our spiritual progress drastically. By controlling all emotions, the yoga student will reduce hindrances to his spiritual practices and will march steadily towards his spiritual goals. In addition, the sadhaka will benefit by not being subject to negative reincarnations that result from his emotional reactions and attachments but will attract to himself future lifetimes of calm and balance, and during which he will be in a situation to continue with his spiritual progress. Not only are these methods useful to yoga students, but they should be practised by anyone wanting to attain success in their life.



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 XII

TRACY WHITE

### Journey through the Chakras: Crown Chakra

This chakra is located at the top of the head. This chakra develops throughout our lives. Its basic right is to know and to understand. Here we develop a universal identity connected to issues of *self-knowledge*. The emotion that does the most damage to this chakra is attachment. In order to thrive emotionally this chakra needs information, truth, the ability to discover ones Self. This chakra is the gateway to our experience of being one with everything. Through this centre we experience enlightenment and freedom. It is here that we experience the highest state of consciousness where there is no separation or duality. All this is obtained by unwavering dedication and commitment to a spiritual path.

**Major issues:** Connection to unity / oneness, entry point for life force energy, ability to trust life, values, ethics, courage, humanitarianism, selflessness, faith & inspiration, spirituality & devotion, ability to see the larger picture.

**Traumas that affect programmes:** Withheld information, education that thwarts curiosity, forced religious beliefs, blind obedience, mis-information / lies, spiritual abuse.

The following list may indicate a *deficiency* of energy in this chakra: Being spiritually cynical; having learning difficulties; having rigid belief systems or being apathetic

The following list may indicate an *excess* of energy in this chakra: Over intellectualizing; being addicted to spirituality, being confused; feeling disassociated from ones body.

An indication of balance is someone who has the ability to perceive, analyze and assimilate information; someone who is intelligent, thoughtful and aware; who is open minded and able to question; someone who has a broad understanding, is spiritually connected, wise and practicing mastery.

*If I don't have the right to know and be understood, then I am in conflict with my identity of self-knowledge. 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 religion or spiritual Practices*

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

*"Information i need comes to me." "I am open to new ideas." "I am guided by inner wisdom."*

In conclusion, it takes the healthy functioning of all our body's energy systems to bring health and well being into our reality. In this way, all energy healing modalities work toward a common goal. The work it takes to get to heal our energy system is well worth it even if we do it simply to discover who we really are. In healing our old faulty programmes, we change the way we process the information from our environment and so create a new world for ourselves. When we change our minds we change our reality.

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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## The Value of Simplicity

SUREN PILLAY

The ability to heal and transform one's life from a point of disease and pessimism to one of optimism and health requires an integrated formula due to the diverse nature of existence. In life, I have come across so many individuals, each with their own perception of life. Their attitudes and perceptions toward life ultimately govern their level of wellbeing and happiness. I believe it is a fundamental desire of every human being on this planet to be happy. It is however, the differences in the manner in which people seek this happiness that results in different consequences for every individual.

The easiest path to happiness is to satisfy the senses. The vast majority of the working population are satisfied with eating delicious food, drinking the best wines and cocktails, dressing in the best clothes and living with all the luxuries and pomp that ordinarily befits kings and queens. Since this has been the standard that most aspire to, most of the worlds populations are in search of this type of happiness, thinking that this joy will bring them unending happiness.

A study of the worlds richest and most powerful people however does not reveal any unending joy nor wellbeing. In fact, for most of the wealthy set, stress and health issues seem to be a significant problem.

For the wise, who choose the path of spirituality, this was a glaring fact that simply could not be ignored. The wise live from their souls, their choices made from intuitive perception rather than intellectual abilities. The wise know the source of true bliss and its methods of attainment. The truly wise have attained real lasting bliss and the seekers of such bliss will, no doubt, attain such bliss with every sincere effort applied. In my own life I have seen many wise masters, sages and saints resonate true joy in living a life of utter simplicity.

It has been said that simplicity is one of the most important qualities on the spiritual path. The reasoning behind this is that if the sadhaka is only worried about pleasing and loving God, his personal wants and desires cannot be great, thus reducing any complexities in his living.

I am compelled to believe the words and messages of the sages who have lived lives of simple service to God and humanity, that the path of righteousness includes that of simplicity. There can be no substitute for this integral quality and its essence lies in its ability to provide a foundation on which the sadhaka can focus on God alone.

My message to you this month, dear readers, is to always remember the value of simplicity on the spiritual path. It is none other than God Who brought you into this world and it is none other than God Who will take you back to His abode. Our primary concern should be to please and experience the One Who sent us here; that One Who Is the absolute source of all creation and Who that hides behind every illusion of life.

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

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





## World Peace is Inevitable: A Bahá'í Perspective

FLORA TECKIE

Some say world peace is impossible. We say world peace is not only possible but it is inevitable.

As members of one human family, we have become more and more interdependent. We now have more than ever before, conditions for the establishment of peace on earth. The scientific and technological advances of our times offer the practical ways by which the problems of humanity may be solved. They also provide the means for the administration of the complex life of a united world. However, only once we have a clear realization that "The earth is but one country and mankind its citizens" (as stated by Bahá'u'lláh, the founder of the Bahá'í Faith) will we feel the urge and responsibility to work for the well-being of humanity, rather than merely for those of our own ethnic, religious or racial background.

The great peace long envisioned by the peoples and nations of the world is well within our reach. It is the Bahá'í view that world peace is not only possible but inevitable. For us to achieve peace we need to accept that we are one human species. Although we differ from one another physically and emotionally, and have different talents and capacities, we all belong to the same human family.

As the Bahá'í Scriptures prescribe: "Love ye all religions and all races with a love that is true and sincere and show that love through deeds and not through the tongue; for the latter hath no importance, as the majority of men are, in speech, well-wishers, while action is the best." "... let us try with heart and soul that unity may dwell in the world, that all the peoples may become one people, and that the whole surface of the earth may be like one country."

Religion is a powerful force for motivating individuals to develop spiritual qualities and to contribute to the betterment of our communities. Religion has a limitless power to inspire change and long-term commitment in its followers and a peaceful and prosperous global society cannot be built without directly and substantively involving religion. However, for religion to help in meeting the diverse challenges confronting the humanity today it must be free from fanaticism, prejudice and animosity.

According to the Bahá'í Scriptures: "religion must be the source of fellowship, the cause of unity and the nearness of God to man. If it rouses hatred and strife, it is evident that absence of religion is preferable and an irreligious man is better than one who professes it." It is obvious that if the remedy aggravates the disease it is better to do without it.

Humanity is made up of individuals, and to bring any changes in human society we must begin with its members. Unless there is a change in the life of the individual, the unity of humanity and world peace cannot become a reality. Bahá'í Writings place great emphasis on the life of the individual. In addition they offer practical guidelines for the reconstruction of society for peace to prevail. Due to space limitations we can deal with this issue in a later edition.

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The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



## Bahá'í Topics

*Religion bestoweth upon man  
the most precious of all gifts.*  
-BAHA 'U'LLAH-

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

## Man's Essential Brotherhood

BY THE MASTER through Benjamin Creme

For untold ages, man has wandered the Earth for sustenance, gain, security and peace. As tribes and even nations, he has criss-crossed the planet over and over again, fighting with, and intermarrying with, a long succession of disparate peoples. The result of this endless wandering is the One humanity today. No matter the differences in colour, religion, tradition and language, all men are descendents of common ancestors and have evolved by the same means to their present state. That this present state undoubtedly favours some groups over others is the result of many historical factors, and not of any innate difference in intelligence or adaptability. Throughout history, groups have risen to prominence for a longer or shorter time, only to sink back into obscurity again, leaving their creativity to remind later generations of their presence.

All of this being true, it is essential for modern humanity to see itself as One, and the differences in appearance the result of relatively recent climatic conditions, together with the different ray influences which have manifested regularly through the emerging racial types. Humanity is still evolving in consciousness, together, as One.

Advancing together, each race and sub-race adds some new quality to the whole. The process of repeated incarnations ensures that gradually, each individual inherits the new knowledge and awareness of the epoch. If men truly understood the complexity and beauty of this process, gone for ever would be the dislike and distrust, the 'racism' of today. Men would realize that, in truth, they are brothers; journeying together on a seemingly endless voyage of self-discovery.

When We, your Elder Brothers, work more openly, you will find that this truth is central in Our understanding of man's nature and relationship. The human family is the nourishing base of our lives. In it we learn to co-operate and thus create together, fashioning the rich tapestry of our shared identity. How, then, can men come to this essential understanding? We, the Brotherhood, will demonstrate this relationship in all We do, and men will come to see themselves thus, as brothers all. Sharing will bring men to this happy pass and will glorify them in their new demonstration of truth. So shall it be.

Then will men conquer the heights of achievement, sharing their knowledge and experience. Gone for ever will be the false barriers which men have erected to keep at a distance their brothers, realizing them at last as themselves.

### 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>





## Kriya Yoga

SWAMI SHANKARANANDA MAHARAJI

What does 'Kriya' mean? What is karma yoga? Karma yoga is anything that is done selflessly without waiting for the fruit of that action. Kriya Yoga is exactly like that. In the *Bhagavad Gita*, Krishna clearly indicates that he who works selflessly without any intention for the fruits of his action, is a yogi.

And what are the benefits of Kriya Yoga? Kriya Yoga has many benefits. Some of these are: mentally, you become wide awake; you become calm and still; you eat less because food is one of our biggest downfalls in this yogic practise. Great sages have told us, "He who eats once a day is a yogi; he who eats twice a day is a roghi; he who eats three times a day is a boghi". Kriya masters have told us this. And in Kriya yoga we teach you the same.

When our kriyabans are initiated, they are expected to recite the Kriya mantra for twelve hours at a time, throughout the night, from midnight to midday, without food or sleep. This is the beauty of this Kriya journey. It teaches you discipline. And we all lack discipline. It teaches you to be ego-less. And we all have ego. And we portray our ego very efficiently. We do that with such excellence, it's unbelievable. But Kriya helps you to destroy that ego.

The beauty of any individual lies in the deeper self. What you see on the superficial surface is nothing but an act for society. Society might tell you that you have beautiful eye-liner, or lipstick, or dress. It will never tell you that your inner self is beautiful because that is the bigger picture.

The outer self can be anything. When the outer self has no inner self - that is called death. You can wear any amount of foundation on your face and you'll still rot; and the worms will still leave your body when it is useless to them. Why? Because the beauty has left the body; and that beauty is what Kriya teaches is the soul. And in that beauty we must start living without ego.

Can we live without ego? No, because we always want to be judgmental in every aspect of our lives. And when we are judgmental, the better part of us comes out. Yet, as Paramahansa Yogananda said, "Look at the innermost altar of your being, and in there is Ishwara, God himself".

So much negativity in the world today is due to the fact that we have no spiritual goals. We only have material goals. Make the time to do some karma, bhakti and dhyana yoga and see where it takes you. Kriya is for all of you and the day you make Kriya part of your life, you'll see what I am talking about.

*Om Kriya Babaji Nama Aum.*



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

[www.jadatharayayoga.com](http://www.jadatharayayoga.com)



## Readers' Inspirations

### Soul Sacrifice

Forsaking all memory of past desire, I relinquish my mind in Thee.  
Forsaking all bodily temptation, I offer my body in Thy humble service.  
Forsaking all thought of bodily manifestation, I rest in Thee, forever content in Thy loving service.  
May I remain in Thee always and forever!

SUREN PILLAY



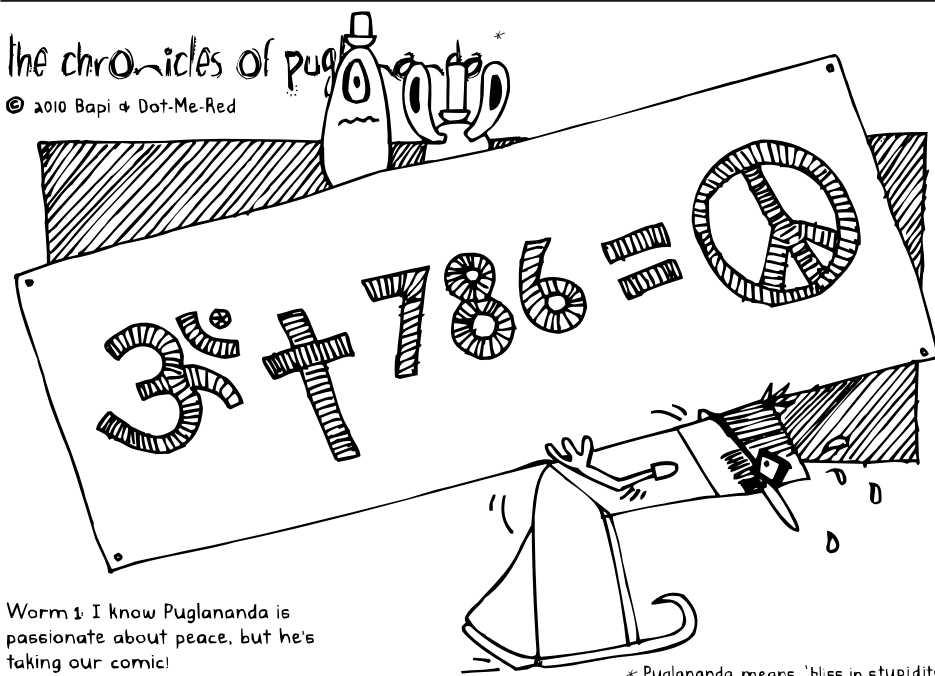
In gods name, vibrate  
In gods love, vibrate  
In gods scenery, vibrate  
Let the fragrance of spirituality  
Define your inner reality  
And let the world feel your love  
And share in your smile.  
Love is the way, the only way!

BABI



I speak to many Hearts in many ways. You will learn of this. Many will say this and many will say that about Babaji. How can they know anything about no body? How can they know anything about no thing? If the mind tries to put Babaji in one place, in one body, in one culture, in one time, in one form... how can that mind understand how to use the Teachings for spiritual growth? Shall we live in the dead past or shall we move forward through the eternal now.

BABAJI





## Index of Resources and Online References

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### 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](mailto:sanghainfo@ananda.org)

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### Baha'i International Community

Web.: <http://info.bahai.org> World news Stories: <http://www.news.bahai.org>.  
Tel: 011 462 0100  
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### 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  
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